

# Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **SEPTEMBER**



**4 TUESDAY**

## Combination Hip & Knee Replacement Class

**FREE** YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

**WHEN:** 9:00–10:00 a.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131 to register.

**7 FRIDAY**

## The Basics: Memory Loss, Dementia and Alzheimer's Disease

**FREE** Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. Presented by the Alzheimer's Association.

**WHEN:** 2:30–3:30 p.m., Las Fuentes Senior Living, 1035 Scott Drive, Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

**8 SATURDAY**

## Breastfeeding Works!

**FREE** A YRMC lactation consultant teaches new moms how to have a successful, rewarding breastfeeding experience.

**WHEN:** 9:00 a.m.–12:00 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8800 to register.

**10 MONDAY**

## Respiratory Wellness: Healthy Eating for the Person with Lung Disease

**FREE** YRMC's Respiratory Wellness program offers free classes on managing COPD (chronic obstructive pulmonary disease). Certified COPD educators lead the classes. Registration required.

**WHEN:** 10:00–11:30 a.m., YRMC West, Spruce Room, 1003 Willow Creek Rd., Prescott.

**INFO:** Please call (928) 771-5264 to register.

## Combination Hip & Knee Replacement Class

**FREE** YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

**WHEN:** 9:00–10:00 a.m., YRMC Del E. Webb Outpatient Center, 1st Floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Please call (928) 759-5940 to register.

## Family Birthing Class

A four-week series designed for first-time moms and their partners to help prepare for the arrival of a new baby. Participants are encouraged to start the series no later than the 30th week of pregnancy and to attend all four of the classes.

**COST:** \$35

**WHEN:** Mondays, September 10th through October 1st, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8800 to register.

**12 WEDNESDAY**

## Meditation for Beginners

**FREE** In this one hour session you will learn Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. Attain health, clarity and joy. Isha Kriya does not require any previous experience with meditation and can be done sitting in a chair. Presented by Ritu Gothwal, MD, YRMC PhysicianCare.

**WHEN:** 11:00 a.m.–12:30 p.m., Adult Center of Prescott, 1280 E. Rosser, Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

**14 FRIDAY**

## Fall Prevention Awareness Day

**FREE** YRMC, NACOG Area Agency on Aging and Yavapai County Community Health Services including a host of other local agencies have come together to form the Northern Chapter of Arizona Falls Prevention Coalition. Our aim is to provide education, information and referral to the public. We want to keep you on your feet. You have the Power to Prevent a Fall.

**WHEN:** Any time between 11:00 a.m.–1:00 p.m.

**WHERE:** YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (877) 521-3500 or (928) 771-5794 to register.

**18 TUESDAY**

## Combination Hip & Knee Replacement Class

**FREE** YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

**WHEN:** 9:00–10:00 a.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131 to register.

## Diabetes Self-Management

YRMC's Diabetes Self-Management training classes meet once a week for five weeks.

A new series of classes begins every five to six weeks. Anyone with diabetes is invited; a physician's referral is required.

**COST:** Please call for information about the cost of the classes and if insurance may cover some or all of the cost.

**WHEN:** 1:00–3:00 p.m., YRMC Del E. Webb Outpatient Center, 1st Floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Please call (928) 759-5920 to register.

## Respiratory Wellness: Early Warning Systems for Asthma

**FREE** YRMC's Respiratory Wellness program offers free classes on managing respiratory ailments. Certified COPD educators lead the classes. Registration required.

**WHEN:** 3:00–4:30 p.m., YRMC East, Quail Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 771-5264 to register.

**20 THURSDAY**

## Diabetes Self-Management

YRMC's Diabetes Self-Management training classes meet once a week for five weeks. A new series of classes begins every five to six weeks. Anyone with diabetes is invited; a physician's referral is required.

**COST:** Please call for information about the cost of the classes and if insurance may cover some or all of the cost.

**WHEN:** 2:00–4:00 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5794 to register.

Turn over for more dates and  
Support Groups >>>

## Monthly Parkinson's Disease Exercise Classes

YRMC's Physical Rehabilitation Department offers exercise classes for people with Parkinson's disease, as well as caregivers and partners. Classes are held in Prescott and Prescott Valley.

### PRESCOTT CLASSES

**COST:** \$3 per class

**WHEN:** Mondays and Wednesdays, 10:00–11:00 a.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131.

### PRESCOTT VALLEY CLASSES

**COST:** \$3 per class

**WHEN:** Tuesdays and Thursdays, 2:00–3:00 p.m., YRMC Del E. Webb Outpatient Center, 2nd Floor Stretch Room, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Please call (928) 759-5940.

## PACE–PARKINSON AEROBIC CYCLE AND EXERCISE

**COST:** \$9/week or \$32 per month. Free to Pendleton Center Members with Parkinson's Disease.

**WHEN:** Mondays, Tuesdays, Thursdays and Fridays, 11:15 a.m. to 12:00 p.m., YRMC Wellness Center Gym, 930 Division St., Prescott.

**INFO:** Please call (928) 708-4635.

## 22 SATURDAY

### Super Saturday Family Birthing Class

Designed for first-time moms and their partners to help prepare for the arrival of a new baby. This class is optimal for those in their 32nd to 34th week of pregnancy.

**COST:** \$35

**WHEN:** 9:00 a.m.–4:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8800 to register.

## 25 TUESDAY

### Understanding and Responding to Dementia-Related Behavior

**FREE** If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. Presented by the Alzheimer's Association.

**WHEN:** 3:00–4:00 p.m., Prescott Lakes Apartments, 2105 Blooming Hills Dr., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 26 WEDNESDAY

### Healthy Living by Managing Stress

**FREE** Stress is a normal part of life. But too much can be a problem. In this discussion, we will talk about types of stress, signs and symptoms, when stress becomes a problem and strategies to help manage stress. Presented by Kim Friend, RN, BS, CDE, YRMC Preventive Medicine.

**WHEN:** 12:30–1:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## Is Lung Cancer Screening Right For Me?

If you are at high risk for lung cancer, a new screening called low-dose computed tomography (LDCT), helps doctors find lung cancer before there are symptoms. LDCT screening has been proven to save lives by finding lung cancer early.

Learn more at [bit.ly/yrmc-lungcare](http://bit.ly/yrmc-lungcare) and download the free pack year calculator or call (928) 771-5454 to talk to our Patient Navigator.



## 27 THURSDAY

### United Blood Services Blood Drive

**FREE** Find the Hero in you. Donate three times a year.

**WHEN:** 8:00 a.m.–5:00 p.m., YRMC West, Thumb Butte Rm., 1003 Willow Creek Rd., Prescott.

**INFO:** Register at [bloodhero.com](http://bloodhero.com) (sponsor code YRMC) or call (928) 771-5295.

### Meditation for Beginners

**FREE** In this one hour session you will learn Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. Attain health, clarity and joy. Isha Kriya does not require any previous experience with meditation and can be done sitting in a chair. Presented by Ritu Gothwal, MD, YRMC PhysicianCare.

**WHEN:** 11:30 a.m.–1:00 p.m., YRMC Del E. Webb Outpatient Center, 1st Floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.



## Starting in October! 7 Week Series

### Matter of Balance

**FREE** Many older adults experience concerns about falling and restrict their activities. This is an award-winning program designed to manage falls and increase activity levels. Sponsored by YRMC and NACOG Area Agency on Aging.

**WHEN:** Wednesdays, October 3 through November 14, 2:30–4:30 p.m.

**WHERE:** YRMC Wellness Center, Community Ed. Room, 930 Division St., Prescott.

**INFO:** You must register to attend. Please call (928) 771-5794.

## YRMC's SUPPORT GROUPS—Free

For more information please go to [YRMCHealthConnect.org](http://YRMCHealthConnect.org) and subscribe to receive email updates on any of our support groups.

## 10 MONDAY

### Better Breathers Club

Information and support for people with chronic obstructive pulmonary disease (COPD) and their families, friends and caregivers. Offered in cooperation with the American Lung Association.

**WHEN:** 1:00–2:00 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5264.

### Reversing Heart Disease Support Group

Explore strategies and techniques to reverse and prevent heart disease. Example topics include: Dietary Changes, Stress Reduction, Exercise Techniques and Research Results.

**WHEN:** 3:00–4:00 p.m. YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5794.

## 11 TUESDAY

### Women's Lymphedema Support Group

A supportive environment for women with lymphedema related to breast cancer. Information on lymphedema related topics and guest speakers.

**WHEN:** 4:30–5:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131.

## 18 TUESDAY

### Living Well With Diabetes Support Group

Have you had diabetes for years, or just recently been diagnosed with the disease? Are you interested in the latest information on managing diabetes and maintaining your health? Local residents with diabetes, their spouses and caregivers are invited to join.

**WHEN:** 5:30–6:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division Street, Prescott.

**INFO:** Please call (928) 771-5794.

## 26 WEDNESDAY

### Heart & Soul Breast Cancer Support Group

YRMC is proud to provide a comfortable and private setting for sharing and support for survivors or those who have been recently diagnosed with breast cancer.

**WHEN:** 4:00–5:30 p.m., The BreastCare Center at YRMC East, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8841.



YAVAPAI REGIONAL  
MEDICAL CENTER

*Proudly Caring for Western Yavapai County*

The YRMC HealthConnect Calendar is published monthly so that as many people as possible will be aware of YRMC's wide selection of community outreach programs and services. For a complimentary copy of the current month's calendar, call YRMC's Community Outreach Department at (928) 771-5738, or visit [YRMCHealthConnect.org](http://YRMCHealthConnect.org).