

# Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **FEBRUARY**



**1 FRIDAY**

## Chronic Back Pain

**FREE** Do you suffer from chronic back pain? Do you know what causes chronic back pain. Join us for an informative discussion about the symptoms of chronic back pain and the current treatment options. Presented by John Spitalieri DO, YRMC PhysicianCare Spine Center.

**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.

**4 MONDAY**

## Respiratory Wellness: Medication Review for People with COPD and Asthma

**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.

## Making Happiness a Habit

**FREE** Scientists are constantly learning more about how our brains work. There is now evidence that we can create new neural pathways towards optimism. This presentation will give you research based information on how to create more happiness in your life. Presented by Connie Boston, WYGC Senior Peer Program.

**WHEN:** 1:30–2:30 p.m., Alta Vista Senior Living, 916 Canterbury Ln., Prescott.

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

**5 TUESDAY**

## Combination Hip and 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.

**5 TUESDAY**

## Dementia Conversations

**FREE** Learn tips and information on how to have honest and caring conversations with family members about issues relating to Alzheimer's disease and dementia. Presented by the Alzheimer's Association.

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

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

**9 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.

**11 MONDAY**

## Combination Hip and 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.

## Heart Health and Prevention

**FREE** What does it look like when your heart health has declined significantly? Learn ways to keep your Heart Healthy. Presented by Brandy Christopher, RN.

**WHEN:** 1:15–2:15 p.m., Granite Gate Senior Living, 3850 N. Hwy 89, Prescott.

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

**16 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.

**19 TUESDAY**

## Combination Hip and 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.

**21 THURSDAY**

## Cardiac Risk Factors

**FREE** Come learn about cardiovascular disease risk factors and heart healthy living. Presented by Andrea Klein, Director of Preventive Medicine and Wellness at YRMC.

**WHEN:** 11:30 a.m.–12:30 p.m., Del E. Webb Outpatient Center, Community Education Room, 3262 N. Windsong, Dr., Prescott Valley.

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

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

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

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

## 21 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 Pendleton Center, Community Education Room, 930 Division Street, Prescott.

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

## 23 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.

## 26 TUESDAY

### Heart Health and Prevention

**FREE** What does it look like when your heart health has declined significantly? Learn ways to keep your Heart Healthy. Presented by Brandy Christopher, RN.

**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.

### Respiratory Wellness: Infection Control: What I Really Need to be Doing to Stay Healthy

**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, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

## 27 WEDNESDAY

### United Blood Services Blood Drive

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

**WHEN:** 8:00 a.m.–4:00 p.m., Del E. Webb Outpatient Center, Community Education Room, 3262 N. Windsong, Dr., Prescott Valley.

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

### Venous Disease—Why Don't We Talk About Our Veins?

**FREE** Circulatory problems in the legs can affect both men and women of all ages and can often appear as spider veins, varicose veins and hard-to-heal wounds. These conditions can be painful, debilitating and complicated and can signal a more serious condition known as chronic venous insufficiency. Learn about the symptoms and latest treatment options that are available at The Vein Center at YRMC Presented by Anil Kumar MD, Cardiologist.

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

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

## 28 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 Room, 1003 Willow Creek Rd., Prescott.

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



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).

[YRMC.org](http://YRMC.org)

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YouTube



## 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.

## 11 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.

## 12 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.

## 19 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 St., Prescott.

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

## 27 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.