

Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **AUGUST**



3 FRIDAY

Moving From Grief to Acceptance

FREE This presentation will address the impact of loss in our lives and how it comes to us all. We will discuss the cyclical stages of grief and how it can differ for each individual noting that there is no "right way" or timetable that is "right". The possible benefits of support groups and individual counseling will be reviewed. Loss may include disabilities that can occur with aging such a hearing and or vision or physical activities we can no longer pursue, or the loss of a career identity and sense of purpose in retirement.

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

INFO: Register online at yrmc.eventbrite.com or call (928) 708-4636.

6 MONDAY

Respiratory Wellness: COPD 101: Everything You Wanted to Know About Your Lung Disorder

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.

Effective Communication Strategies

FREE Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help connect and communicate at each stage of the disease. Presented by the Alzheimer's Association.

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

INFO: Register online at yrmc.eventbrite.com or call (928) 708-4636.

7 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.

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, August 7th through August 28th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

INFO: Please call (928) 442-8800 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.

8 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: 1:15–2:15 p.m., Granite Gate Senior Living, 3850 N. Hwy 89, Prescott.

INFO: Register online at yrmc.eventbrite.com or call (928) 708-4636.

9 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.

11 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.

13 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.

14 TUESDAY

A Lung Cancer Screening Could Save Your Life

FREE Are you at risk for lung cancer? People over the age of 55 with a significant smoking history should know about the new annual screening (using low-dose CT) that can catch lung cancer early, before there are symptoms. Discover the details of this painless exam during this one hour presentation. Presented by Jen Harvey RN, BSN, Patient Navigator for the Lung Screening Program at YRMC.

WHEN: 12:30–1:30 p.m., Chino Valley Public Library, 1020 Palomino Rd., Chino Valley.

INFO: Please register online at yrmc.eventbrite.com or call (928) 708-4636.

15 WEDNESDAY

Self-Defense for Seniors: Don't Be a Victim!

FREE Please join us for instruction and demonstration. Led by Jill Potter, RN, ACSM-CEP, CCRP, Sixth degree Black Belt, and Kim Friend, RN, BS, CDE, First degree Black Belt. Dress comfortably for activity.

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

INFO: Please call (928) 771-5794.

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.

21 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.

Respiratory Wellness: Oxygen, Altitude and Travel: You CAN get on the Road Again!

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.

22 WEDNESDAY

YogaFit

FREE YogaFit brings yoga to every body in a way that is safe and adaptable for a wide range of fitness levels, age groups, and health challenges – while never losing sight of the essence of this ancient practice. This practice will have an emphasis on the full spectrum of yoga and mind body health, sports science and alignment principles. Class will include standing and mat floor work. Bring your yoga mats and props if you have them. Be sure to register early as the class is limited to 20 participants. Presented by Tami Tuma, YRMC Exercise Physiologist, Health Coach and Personal Trainer.

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

INFO: Register online at yrmc.eventbrite.com or call (928) 708-4636.

25 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.

27 MONDAY

Spring Clean Your Lungs: Quit Tobacco!

FREE Here is the help you need to kick that habit. Free nicotine replacement options available. See Cessation Facilitator for details.

WHEN: Introductory session – Monday, August 27th. Remaining sessions on August 28th, 29th, September 5th, 6th and 10th. Participants are encouraged to attend all six classes. All sessions meet 7:00–8:30 p.m.

WHERE: YRMC West Cafeteria, 1003 Willow Creek Rd., Prescott.

INFO: Call (928) 771-5102.

28 TUESDAY

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: 3:00–4:00 p.m., Highgate Senior Living, 1600 Petroglyph Pointe Dr., Prescott.

INFO: Register online at yrmc.eventbrite.com or call (928) 708-4636.

30 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 online at bloodhero.com (sponsor code YRMC) or call (928) 771-5295.

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 and download the free pack year calculator or call (928) 771-5454 to talk to our Patient Navigator.



YRMC's SUPPORT GROUPS—Free

For more information please go to YRMCHealthConnect.org and subscribe to receive email updates on any of our support groups.

13 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.

14 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.

22 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 Navapai 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.