

Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **OCTOBER**



1 MONDAY

Respiratory Wellness: How to Boost Your Immune System

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.

Healthy Living for Your Brain and Body

FREE Learn the latest research in the areas of nutrition, exercise, cognitive activity and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging. Presented by the Alzheimer's Association.

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

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

2 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: Tuesdays, October 2nd through October 23rd, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

5 FRIDAY

What Depression Looks Like in Older Adults

FREE Depression is a medical illness that includes symptoms that can look very much like other illnesses. Older adults may not exhibit typical symptoms of depression, and there are misconceptions about depression and anti-depressant medication that keep people from seeking the help that can relieve feelings of hopelessness that are a part of depression. Come get the facts for yourself or a loved one. Presented by Connie Boston, MSW, Senior Peer Prevention Program.

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

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

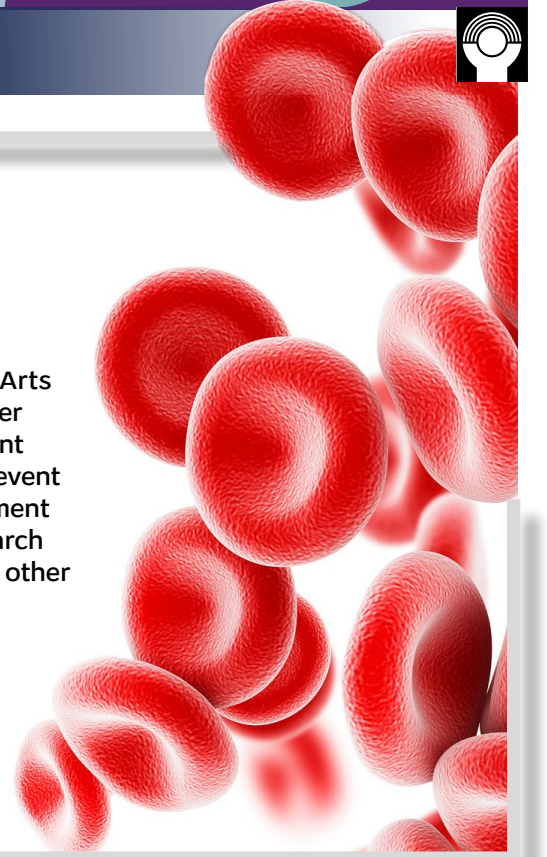
LIVE STREAMING EVENT!

Patient Blood Management: Yesterday, Today and Tomorrow

Watch the live broadcast from Yavapai College Performing Arts Center in Prescott, Arizona. Yavapai Regional Medical Center (YRMC) – home to Arizona's only Patient Blood Management program – is proud to host the sixth year of this exclusive event featuring internationally recognized patient blood management experts. These experts will explore the latest medical research on the emerging science of patient blood management and other related topics.

WHEN: Thursday, October 25th, 6:00 to 8:00 p.m.

HOW: Log into YRMCHHealthConnect.org/pbm or on Facebook at facebook.com/YavapaiRegionalMedicalCenter



8 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.

9 TUESDAY

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. No previous experience with meditation required and can be done from a chair. Presented by Ritu Gothwal, MD, YRMC PhysicianCare.

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

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

13 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.

16 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.

18 Thursday

IT'S A DOUBLE EVENT! 12:00–2:00 p.m.

Inflammation and Nutrition

12:00–12:45 p.m. Join Mary Treasure, DTR to learn the role of chronic inflammation in the development of the disease process and review the food and nutrients in promoting and inhibiting inflammation.

Exercise Concepts

1:00–1:45 p.m. Join Tami Tuma, YRMC Exercise Physiologist, Health Coach and Personal Trainer, as she discusses the recommendations of exercise, types of exercises, benefits and guidelines.

COST: FREE

WHEN: Thursday, October 18th, 12:00–2:00 p.m.

WHERE: Prescott Valley Public Library, 7401 E. Civic Circle, Prescott Valley.

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

21 SUNDAY

Cancer Conference—October 21st and 28th

FREE Join area physicians and clinicians as they discuss treatment and prevention, caregiving, nutrition and other aspects of living with cancer.

WHEN: Sundays, October 21st and 28th.

WHERE: Prescott United Methodist Church, Main Sanctuary, 505 W. Gurley, Prescott.

INFO: Call (928) 775-5567 for more information.

22 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, October 22nd. Remaining sessions on October 25th, 30th, November 5th, 7th and 15th. Participants are encouraged to attend all six classes. All sessions meet 7:00–8:30 p.m.

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

INFO: Call (928) 771-5102.

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.

23 TUESDAY

Respiratory Wellness: Chair Exercises for the Easily Winded

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.

End of Life Planning

FREE End of life happens to all of us one day. You have the power to make your own decisions about your future health care. Advance care planning gives you the tools and information to help you decide what care you want or don't want if you are faced with a health crisis and are unable to communicate for yourself. We will review end of life choices and how to be prepared for the inevitable. Presented by Dezeray Paris, Hospice Family Care.

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

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

24 WEDNESDAY

BOOM Move It

FREE Join us for an introduction to this heart-healthy, cardio workout featuring dance-style choreography. Songs and steps can be drawn from just about any era, genre and style of music and dance. Learn how you can make dance a regular part of your exercise routine. 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: Please register on line at yrmc.eventbrite.com or call (928) 771-5794.

25 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 (sponsor code YRMC) or call (928) 771-5295.

25 THURSDAY

Breast Cancer

FREE Learn about the "Ins and Outs" of breast cancer from screening to diagnosis.

Presented by Julie Bender RN, YRMC BreastCare Center Clinical Navigator.

WHEN: 11:30 a.m.–12:30 p.m., YRMC Del E. Webb Outpatient Center, 1st Floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

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

27 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.

29 MONDAY

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, October 29th through November 19th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

30 TUESDAY

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.

YRMC'S SUPPORT GROUPS—Free

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

8 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.

9 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.

16 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.

24 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 YRMCHHealthConnect.org.

YRMC.org

YRMCHHealthConnect.org



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