

Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **MARCH**



**MARCH 30
IS NATIONAL
DOCTORS' DAY**
*Let Your
Medical Providers
Know You Value
All They Do!*

1 FRIDAY

Mediterranean Diet

FREE Research suggests following a Mediterranean Diet promotes good health and longevity. Please join Mary Treasure, Registered Dietetic Technician at Yavapai Regional Medical Center, to learn how to develop a healthy eating plan with a splash of olive oil and maybe a sip of red wine.

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

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

4 MONDAY

Living with Parkinson's

FREE Learn how exercise can help you maximize independence, stay active and live with Parkinson's Disease. Presented by Ben Newell PT, DPT, Yavapai Regional Medical Center.

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

INFO: Please register online at 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.

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.

11 MONDAY

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: 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

Respiratory Wellness: Allergies—How to Protect Yourself and Minimize Symptoms

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.

12 TUESDAY

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: 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.

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.

Respiratory Wellness: Food as Medicine—A Nutritional Guide for Those with Respiratory Ailments

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.

20 WEDNESDAY

Understanding Alzheimer's and Related Dementia

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: 11:00 a.m.–12:00 p.m., Touchmark at the Ranch, 3180 Touchmark Blvd., Prescott.

INFO: Please register online at 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.

20 WEDNESDAY

Meditation

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.–12:00 p.m., Samaritan Village Tower, 1075 Ruth St., Prescott.

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

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

Age Proof Your Brain

FREE Join us for an informational discussion on tips for keeping your brain healthy, young and active through diet, exercise, games and social interaction. Presented by Tami Tuma, YRMC Exercise Physiologist, Health Coach and Personal Trainer.

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

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

27 WEDNESDAY

Inflammation and Nutrition

FREE Inflammation has been an indicator of illness and injury for thousands of years. There are certain dietary factors that may promote or inhibit disease. Join YRMC Clinical Nutrition staff, 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.

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

Understanding Alzheimer's and Related Dementia

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

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

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.

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.

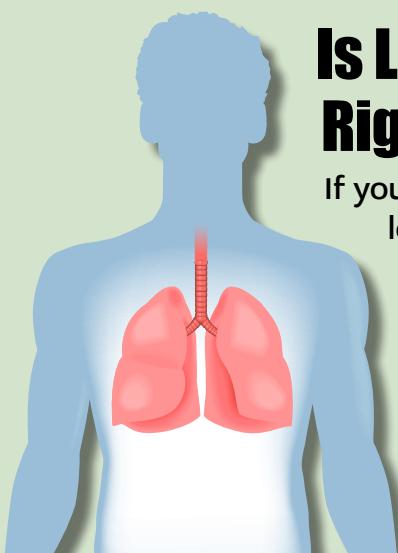
27 WEDNESDAY

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.



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.



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



YouTube

