

# Health YRMCHHealthConnect.org connect

Make A YRMC Health Connection in **APRIL**

## 1 MONDAY

### Healthy Living for the Brain and Body

**FREE** Learn the latest research in the areas of diet and 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 Lane, Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://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.

### 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.

### If I Feel Sad Am I Depressed?

**FREE** Sadness is a normal human emotion often felt in response to loss and disappointment. As we age, we may encounter more situations involving loss. For some, feelings of depression may persist; feelings of hopelessness, a range of physical symptoms and suicidal thoughts. This presentation will help you know when professional help is needed as well as what effective treatments are available. Presented by Connie Boston, MSW, Manager, Senior Peer Program, WYGC.

**WHEN:** 11:00 a.m.–12:00 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.

## 4 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.



## 5 FRIDAY

### 10 Warning Signs of Alzheimer's

**FREE** Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. We'll talk about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process. 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 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.

### Respiratory Wellness: COPD 101 – Everything You Need to Know with a New Diagnosis

**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.

## 10 WEDNESDAY

### Go With the Flow – Keeping Your Legs Healthy, Part II

**FREE** Dr. Matthew Dicker, an Interventional Radiologist specially trained in vein and artery health, will lead the discussion. Learn about keeping your blood vessels healthy as well as both surgical and non-surgical options for peripheral vascular disease, which decreases blood flow in the arteries and can lead to leg cramps. We will also discuss venous insufficiency, a condition that causes decreased blood flow from the leg veins to the heart which can lead to varicose veins and swelling.

**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.



## 10 WEDNESDAY

### Fresh Start for 2019! 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 – Wednesday, April 10th. Remaining sessions on April 15th, 18th, 22nd, 24th and 29th. 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.

## 11 THURSDAY

### Cognition: Keeping Your Mind Sharp

**FREE** Cognition involves not only the things that go on inside our heads but also how thoughts and mental processes influence our actions. Join us for an informative presentation where we look at cognitive functions encompassing reasoning, memory, attention and language which lead directly to the ability to learn. Presented by Kelly Smith, M.A., CCC/SLP, YRMC Physical Rehabilitation.

**WHEN:** 10:00–11:00 a.m., Granite Creek Health & Rehabilitation Center, 1045 Scott Dr., Prescott.

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

## 13 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.

## 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.

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.

## 16 TUESDAY

### Respiratory Wellness: Allergies – 'Tis the Season. Tips to Stay Well

**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.

## 17 WEDNESDAY

### Cognition: Keeping Your Mind Sharp

**FREE** Cognition involves not only the things that go on inside our heads but also how thoughts and mental processes influence our actions. Join us for an informative presentation where we look at cognitive functions encompassing reasoning, memory, attention and language which lead directly to the ability to learn. Presented by Kelly Smith, M.A., CCC/SLP, YRMC Physical Rehabilitation.

**WHEN:** 11:00 a.m.–12:00 p.m., Samaritan Village Tower, 1075 Ruth St., Prescott.

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

## 18 THURSDAY

### Balance

**FREE** Join us as we discuss balance. We'll go over what balance is, what systems control it and ways it can be improved. Presented by Nicole Flippen, PT, DPT, YRMC Physical Rehabilitation.

**WHEN:** 12:00–1:00 p.m., Prescott Valley Public Library, Crystal Room, 7401 E. Skoog Blvd., Prescott Valley.

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

## 20 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.

## 24 WEDNESDAY

### Body Walk

**FREE** Join Sierra Hatler, YRMC Exercise Physiologist and Health Coach, as she takes you on a tour through this amazing vessel we call a body and the different systems that keep it running efficiently. As you visit each system, Sierra will give you some practical exercises to help you maintain a healthy body.

**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.

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

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

### Oh My Aching Back!

**FREE** Learn basic anatomy of the lower back and spine, function, some common spine problems and how to best care for your back. Presented by Al Peraza, PT, DPT, YRMC Physical Rehabilitation.

**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.

## 29 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.



## 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](http://YRMCHHealthConnect.org).

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

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YouTube



## YRMC's SUPPORT GROUPS—Free

For more information please go to [YRMCHHealthConnect.org](http://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 St., 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.