

# Reach

Together in health and happiness

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Spring 2025

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## HOW TO REGISTER

To register for classes, visit [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes) or call 702.616.4900.



Breast Screening Services

Uninsured or underinsured? You may qualify for a free mammogram and other breast health services. If you are in active treatment for breast cancer you may qualify for Financial Assistance. Call the Engelstad Foundation R.E.D. Rose Program at 702.620.7858. Funded by the Engelstad Foundation.



Medicare 101



- Decipher the Medicare maze and maximize your benefits.
- HEND** Monday, May 19, 2025 at 12:30 pm Free
  - GV** Wednesday, April 16 & Friday June 18 at 10:00 am Green Free
  - SAHA** Tuesday, April 1st, May 6th & June 3rd at 1:00 pm Spanish Free
  - FLAM** Friday, April 25, May 23, & June 27 at 11:30 am Free
  - NLV** Tuesday, April 22, 2025 at 2 pm Free



Dignity Health Connecting You to Health Insurance Options Looking to enroll in affordable health insurance? Recent life changes (such as losing health insurance or Medicaid, changes in job or income, or changes in marital status) may qualify you for a Special Enrollment Period, during which you can enroll in coverage. Nevada Health Link is available to help with any loss of coverage. Contact one of our Certified Enrollment Counselors today for assistance at 702.616.4904 or nevadahealthlink@dignityhealth.org.

Let’s Slow Down Dementia with Cognitive Stimulation Therapy

FREE Classes at GV and NLV: Tues/Thurs April 29-June 12. (prerequisite assessment prior Call to assess/schedule and register-702 616 4919) Weekly maintenance (following CST class): GV Mon; 11am, Thursday 1pm, and Friday, 10:30 Call for Spanish CST classes and schedule at Sahara and NLV. 725.279.6568

Nevada Medicare Assistance Program

**MAP**

Your way through Medicare!

Medicare Assistance Program (MAP) MAP offers local free, unbiased, one-on-one counseling to people with Medicare, their families, and caregivers. Call 702.616.4926 for assistance. This program is supported by the Administration for Community Living (ACL), U.S. Department of Health & Human Services (HHS) as part of a financial assistance award totaling \$1,445,228.12 with 100% funding by ACL/HHS and Nevada Aging and Disability Services Division.

Wellness

- AARP Smart Driver Program** Reduce your car insurance rates; \$20 for members, \$25 for nonmembers (checks only, made out to AARP). No exam required! Call 702.616.4902 to register.
- Chronic Pain Self-Management Program** Put life back into your life! Learn techniques to better cope with arthritis, neck pain, back pain, or any muscle pain. You'll find comfort and ease through this six-week program. We'll teach you about the mind-body connection, coping with depression, discuss emotions, stress management and more! Call 702.616.4932 for more information on a workshop near you.
- Chronic Disease Self-Management Program** Do you want to better manage your overall health while living with a chronic condition? This six-session program will cover topics that include improving your eating habits, ways to be more active, sparking positive thinking, achieving realistic goals, and more! Call 702.616.4932 for more information on a workshop near you.
- Communication through Sign Language** Learn basic signs to increase communication in this three-week workshop for adults.
- WEST** Thursdays, April 10, 17, 24, 3:45 to 5 p.m. FREE
  - GV** Fridays, May 2, 9, 16, 3:45 to 5 p.m. FREE
- Relax and Paint** Expand your imagination and enhance your painting skills. Join us for an evening of creativity as we paint. Please register online.
- SAHA** Wednesday, May 21, 6 to 8 p.m.
  - GV** Wednesday, May 28, 6 to 8 p.m. FREE



- Knit to Heal Prayer Shawls** Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Or learn to knit or crochet. Yarn donations are also appreciated!
- WEST** Thursdays, April 10 & 24, May 8 & 22, June 12 & 26, 11:30 a.m. to 1:30 p.m. FREE
  - GV** 2nd Thursdays & 4th Wednesdays, 10 a.m. to Noon FREE
- Safe Sitter** Saturday, June 21, 9 a.m. to 3:30 p.m. \$25 lunch included, please call 702.616.4902 to register.
- Older Adult Chronic Disease Support** Free Comprehensive Care Coordination for low-income Seniors. Community Health Workers (CHWs) support at-risk Seniors to coordinate their care and connect them to community resources to meet their health, behavioral and social needs. For more information call 725.307.8913 or email julie.tousa@commonspirit.org.
- Stepping On: Fall Prevention Program** Did you know that 1 out of 4 people 65 and older falls each year? Learn of ways to decrease your risk of falls through this 7 week workshop. Call 702.620.7801 to learn more.
- GV** Fridays, April 4 - May 16, 2025 from 10 a.m. - 12 p.m.
- Senior Nutrition Program** Seniors in need of monthly supplemental food assistance call 702.616.4328 for assistance.
- Stop the Bleed** St. Rose Dominican is offering “Stop the Bleed” training for the public – lifesaving skills people can use to quickly stop an injury’s heavy bleeding while waiting for emergency responders to arrive. Call 702.616.4902 to register.
- GV** April 2, May 7 and June 4, 5:30 to 6:30 p.m. FREE
- Talk with a Senior Peer Counselor** Senior Peer Counselors help peers age 50+ to work through life’s challenges like:
- sadness and loneliness
  - stress
  - health issues
  - retirement and lifestyle changes
  - relationship concerns
  - caregiving for aging parents
  - loss and bereavement
- To participate call 725.307.8913.
- The Mats Project** Looking for volunteers to join this group in upcycling plastic bags that are salvaged into eco-friendly sustainable sleeping mats for those experiencing homelessness. Please email merrirmedley@crochetclass.org or call 702.620.7800 for more information
- FLAM** 1st and 3rd Thursdays Monthly, 1 to 3 p.m.

Many classes require registration. Register online at StRoseHospitals.org/Classes



Nutrition

Add More Spice to Your Life

Learn the secret to flavoring foods in healthy ways all while curbing sodium intake and boosting your immune system. Participants will make their own healthy spice blend and taste examples of flavorful foods.

**FLAM** Wednesday, May 28, 1:30 to 2:30 p.m.  
Call 702.620.7800 to register.  
FREE

**GV** Thursday, May 29, 10:30 to 11:30 a.m.  
Call 702.616.4975 to register.  
FREE

**NLV** Thursday, May 29, 1:30 to 2:30 p.m.  
Call 702.620.7862 to register.  
FREE

Nutrition Seminar: Heart Healthy Eating for Life

Come join the discussion about heart healthy eating including snacking and dining out. Try some heart smart samples.

**ZOOM** Thursday, April 17, 1 to 2 p.m.  
Call 702.616.4907 to register and for Zoom link access.  
ZOOM FREE

**NLV** Wednesday, April 18, 10 to 11 a.m.  
Call 702.620.7862 to register.  
NLV FREE

**FLAM** Wednesday, April 23, 10 to 11 a.m.  
Call 702.620.7800 to register.  
FLAM FREE

Nutrition Seminar: Dietary Approaches to Manage Hypertension

Come join the discussion about the DASH Diet, why it works and how to fit it into your lifestyle. Sample a taste of DASH!

**FLAM** Wednesday, May 21, 10 to 11 a.m.  
Call 702.620.7800 to register.  
FREE

**ZOOM** Thursday, May 22, 1 to 2 p.m.  
Call 702.616.4907 to register and for Zoom link access.  
FREE

**NLV** Friday, May 23, 10 to 11 a.m.  
Call 702.620.7862 to register.  
FREE

Nutrition Consultations

Meet with a registered dietitian. Most insurances welcome and cash discounts available. Flexible, convenient times available. Call 702.616.4975.

Nutrition Seminar: Reducing Sodium Intake

Come learn about the low sodium lifestyle-ways to reduce sodium by choosing healthier options and why this lifestyle works. Taste-testing included.

**FLAM** Wednesday, June 25, 10 to 11 a.m.  
Call 702.620.7800 to register.  
FREE

**ZOOM** Thursday, June 26, 1 to 2 p.m.  
Call 702.616.4907 to register and for Zoom link access.  
FREE

**NLV** Friday, June 27, 10 to 11 a.m.  
Call 702.620.7862 to register.  
FREE

St. Rose Dominican Surgical Weight Loss Program

Interested in weight loss surgery or how to get started? Watch our overview video here: NVWeightloss.org where our Registered Dietitian Bariatric Coordinator takes you through the steps to surgery. Email SRDH-BariatricInfo@commonspirit.org for questions or to schedule an appointment.

Weight-Loss Surgery Support Group

Our bariatric support groups are open to anyone and everyone who is involved in bariatric surgery in any way. You are welcome to join us whether you know someone who's had surgery, are preparing for surgery yourself, or have already had surgery, recently or years ago. We are here to support each other and provide a comfortable and caring space to share our experiences. To view the most up-to-date schedule of support group dates, times, and locations, please visit NVWeightLoss.org and register to join any of our upcoming sessions.

Diabetes Management

Prediabetes: A Fork in the Road

With early detection and awareness, you can take action to prevent or delay Type 2 diabetes. Learn the steps for lifestyle changes toward better health.

**ZOOM** Friday, May 2, 11 a.m. to Noon  
Call 702.616.4975 to register and for link access.  
FREE

**GV** Monday, June 30, 11 a.m. to Noon  
Call 702.616.4975 to register.  
FREE

National Diabetes Prevention Program

Did you know that one out of three U.S. adults has prediabetes? This CDC-approved 12-month program is given in 16 weekly sessions, followed by monthly maintenance sessions. Our lifestyle coaches will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes. To learn more, call 702.616.4975.

Diabetes Self-Management Program

Be empowered to better manage your diabetes while learning different tools to live a healthier and happier life! During the 6 weekly sessions, you'll learn healthy eating, dealing with stress, goal setting, positive thinking, developing support systems, and so much more! call 702.616.4932 for more information and to register.

**GV** Fridays, starting May 9 to June 13, from 10 am to 12:30 pm  
FREE

Diabetes Lifestyle Training and Education

Our registered dietitians and nurses are certified diabetes care and education specialists who are available to help you succeed in managing your diabetes care. Learn diabetes self-management skills offered in individual and group settings. Call 702.616.4975 for details.

Mental Health

Talk with a Senior Peer Counselor

Senior Peer Counselors help peers age 50+ to work through life's challenges like:

- sadness and loneliness
  - stress
  - health issues
  - retirement and lifestyle changes
  - relationship concerns
  - caregiving for aging parents
  - loss and bereavement
- To participate call 725.307.8913.

Adult Mental Health First Aid

Learn the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem. Help connect them to the appropriate care. Please email terry.maurer@commonspirit.org for additional information and registration.

**GV** April 30, May 2, 9 a.m. to 4 p.m.  
\$24.95

Youth Mental Health First Aid

**ZOOM** \$24.95

Let's Slow Down Dementia with Cognitive Stimulation Therapy

**GV** Tues/Thurs, 11:15 am, starting April 29 to June 12  
(call to assess/register)  
Weekly maintenance (prerequisite/register)  
**Mondays, 11 a.m., Thursdays, 1 p.m, Fridays, 10:30 a.m.**  
FREE

Call for NLV and Sahara schedule. Register/access call 702.616.4919.

Spanish CST Let's Slow Down Dementia with Cognitive Stimulation Therapy

**SAHA** For Spanish CST call 725.279.6568

Powerful Tools for Caregivers

Caregiving for a loved one can be a big responsibility. Join this workshop for caregivers to learn self-care strategies and techniques to increase relaxation and reduce stress.

**GV** Tues & Thurs, April 29 - June 13, 11:15 a.m. - 12:15 p.m.

**NLV** Tues & Thurs, April 29 - June 13, 11 a.m. to Noon  
Call to register 702.620.7801

Herramientas Poderosas para Cuidadores

¿Cuida de un ser querido? Este programa GRATIS, basado en evidencia, lo capacita para cuidar de usted mismo mientras cuida a alguien más. Al cuidar su propia salud y bienestar, se convierte en un mejor cuidador. Permítanos enseñarle cómo llenar de vida su vida. Por favor llama 702.592.6719 para obtener más información.

Heart and Stroke Programs

Eat Heart Smart for Life

Learn to manage high blood pressure, high cholesterol, and high triglycerides with nutrition strategies for a healthy heart.

**GV** Monday, May 12, 9:30 to 10:30 a.m.  
Call 702.616.4975 to register.  
FREE

**ZOOM** Monday, June 2, 9 to 10 a.m.  
Call 702.616.4975 to register and for link access.  
FREE

Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Get access to customized classes and one on one consultations

with a Registered Dietitian! For more information or to register, please call or email Angel Garcia at 702.616.4932 angel.garciasaavedra@commonspirit.org

Buena Salud Para un Corazón Sano

Este curso es una guía que da consejos prácticos para mantener un corazón sano, disminuir el riesgo de enfermedades cardiovasculares y cómo controlar el colesterol y la presión elevada. Esta clase será en vivo por plataforma Zoom o en persona. ¡Espacio es limitado! Llame para reservar. Para obtener más información llame a Angel Garcia al 702.616.4932 o envíe un correo electrónico a angel.garciasaavedra@commonspirit.org

Healthy Heart Ambassador - Blood Pressure Self Monitoring Program (BPSM)

This evidence-based program is designed to help adults with hypertension lower and manage their blood pressure. The 4-month program focuses on regular home self monitoring using proper blood pressure measuring techniques, one-on-one consultations with a trained program facilitator, support and group-based nutrition education for better blood pressure management. Call your nearest participating Wellness Center for more information.

**Blue Diamond** - 702.620.7025  
**North Las Vegas** - 702.620.7862  
**West Flamingo** - 702.620.7800

Many classes require registration. Register online at StRoseHospitals.org/Classes

# Pregnancy & Childbirth

**Car Seat Safety Checks**  
Call 702.616.4902 for an appointment.  
**BLUE GV WEST HEND** FREE

**Support for Moms-to-Be and New Moms**  
Did you know that 1 in 5 pregnant women and new moms experience some form of anxiety or mood disorder? Anxiety and mood disorders are treatable. To find helpful family resources, visit [nvmch.org](http://nvmch.org) or call 775.553.8024.

**Perinatal Mental Health Disorders (PMHD) Training**  
In this 60-minute virtual training, you will gain a better understanding of what PMHDs are, who is impacted, learn the risk factors associated with PMHDs, stigmas and their effects, and how to identify local resources and referral systems. Please call 775.553.8024 or visit [nvmch.org](http://nvmch.org) to learn more and to register.  
**April 9, 10 - 11 a.m.**  
**May 9, 10 - 11 a.m.**  
**June 11, 10 - 11 a.m.**  
FREE

**Safe Sleep Training for Parents and Caregivers**  
Learn the ABCs of safe sleep to ensure the well-being of your infant. Please call 775.553.8024 or visit [nvmch.org](http://nvmch.org) to learn more.

## FREE Birth Center Tours

Siena Campus:  
Thursday evenings



Register at  
[StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

# Breastfeeding/Prenatal Classes



## Baby Basics

Learn the basics of caring for your newborn.  
**GV** **April 17, May 15 and June 19, 6 to 9:30 p.m.**  
\$30

## Baby Weigh Stations

Baby weight checks. No appointment necessary.  
**GV WEST HEND** FREE

## Breast Pump Rentals

Rent the Medela Symphony, a hospital grade, double-electric pump.  
**GV WEST**

## Breastfeeding

Our lactation staff provides information and support to begin a successful nursing experience to prepare you for any challenges.  
**GV** **April 15, May 20 and June 17 6 pm to 8 pm**

## Breastfeeding Helpline and Consultations

Call 702.616.4908 for help or a private appointment with a certified lactation counselor.  
**GV WEST** \$50

## Daddy Boot Camp

This father-to-father workshop inspires and helps dads become confidently engaged with their infants.  
**GV** **April 12 and June 14 9 a.m. to 11 a.m.**  
\$20

## New Mommy Mixer

Mix and mingle with other new moms and their babies in this fun atmosphere.  
**GV** **Fridays, 11 a.m. to Noon**  
FREE

## Prepared Childbirth

This two-week session, held on Tuesday evenings, helps build confidence in your body's ability to give birth while you interact with other couples who may have the same concerns.  
**GV** **April 1 & 8, May 6 & 13 and June 3 & 10, 6 to 9 p.m.**  
\$35

## Prepared Childbirth Express

This one-day, six-hour class helps build confidence in your body's ability to give birth while you interact with other couples who may have the same concerns.  
**GV** **April 12, May 10 and June 14, 9 a.m. to 3 p.m.**  
\$35

## Infant CPR

Learn the basics of Infant CPR and choking. No exam and no card issued.  
**April 16, May 14 and June 11, 6 to 8 p.m.**  
\$20 per couple

## Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.

## Compartiendo con Nuevas Mamás

Te invitamos a socializar con otras mujeres embarazadas, mamás primerizas y sus bebés. Hablar sobre el cuidado personal, la conexión con tu bebé, la seguridad infantil, la importancia de la atención primaria, la nutrición y el cuidado posparto.  
**SAHA** **3er Viernes del mes, Marzo 21, Abril 17, Mayo 22, 11:30 am to 12:30 pm**  
Llame al 702.285.7754 para registrarse.  
GRATIS

# Infants, Children & Parenting

## Sing and Sign: Food Time

For parents with children ages newborn to 2 years.  
**WEST** **Thursdays, April 3 & 17, May 1 & 15 and June 5 & 19, 1 to 1:30 p.m.**  
**WEST** **Saturdays, April 12, May 10 and June 14, 12:30 to 1 p.m.**  
**GV** **Tuesdays, April 1 & 15, May 6 & 20, and June 3 & 17.**  
FREE

## St. Rose WIC Nutrition Program

Healthy food, nutrition education, and breastfeeding support. For children up to age 5 and expecting mothers. Call 702.616.4905 (Henderson) or 702.616.4910 (Las Vegas.) Need help? If you have difficulty understanding English or have a disability, free language assistance or other aids and services are available upon request. Please let WIC staff know or contact your local WIC Clinic. This institution is an equal opportunity provider.

## Circle Time with Miss Nicole

Step into Circle Time with Miss Nicole, where play is the key to learning. Through storytime, songs, and movement exercises, little ones develop fine and gross motor skills while engaging their curious minds. Miss Tawanda fosters a nurturing environment where every interaction is an opportunity for growth and exploration. Join the fun-filled journey of Circle Time, where play and learning intertwine seamlessly. Ages 12 months-3 years old.  
**HEND** **April 10, May 8, and June 12, 2:15 to 3 p.m.**

# Family Fitness

## Mommy & Baby Yoga

A class for new mommies with infants 6 weeks to 1 year old. Promotes a strong bond between mommy and baby. Post-natal yoga helps mommy regain strength while complementing your new life as a mom. Babies' minds will be stimulated while doing some simple stretches.  
**BLUE** **Mondays, 1 to 2 p.m.**  
FREE

## Mommy & Toddler Yoga

A fun filled class for you and your little one! Get ready to dance, read books, listen to some of your child's favorite songs all while learning yoga! Ages 1-4 years old.  
**WEST** **Tuesdays, 10:30 - 11:30 a.m.**  
**BLUE** **Wednesdays, 10:45 to 11:45 a.m.**  
FREE.

## Zumbini

Enhance your child's motor and cognitive skills and developmental milestones.  
**GV** **Monday 10 a.m., Tuesday and Thursdays, 9:15 a.m., Saturdays 10:30 am.**  
FREE  
**HEND** **Wednesdays, 2:00 p.m.**  
**WEST** **Thursdays, 10:15 a.m. Saturdays, 11:15 a.m.**  
FREE  
**BLUE** **Wednesdays and Fridays, 9:30a.m. Thursdays, 10:45a.m.**  
FREE  
**FLAM** **Tuesdays, 10 a.m. and 11 a.m.**  
FREE  
**NLV** **Tuesdays 5:30 p.m. and Saturdays from 10:30 a.m.**  
FREE

## STEAM Starts

**BLUE** **Mondays 4:30 pm - 5:30 pm and Wednesdays 8:30 am - 9:30 am**  
**GV** **Mondays 9:00am - 9:45 am, Tuesdays 4:30pm - 5:15 pm Saturdays 9:30 - 10:15**

# Volunteer Opportunities

## Helping Hands

Our organization needs dependable and compassionate volunteers to provide transportation or deliver food to seniors who live in Henderson. Can you spare one morning or afternoon a few days each month? Please call 702.616.6554 to become a volunteer with Helping Hands of Henderson!

## Medicare Assistance Program (MAP) Training

We need volunteers to make a difference in the community with our free MAP training. Learn how to help yourself and others get the most out of Medicare and help spread the word to protect, detect and report Medicare fraud, errors and abuse. Call 702.616.4926 to register.

Many classes require registration. Register online at [StRoseHospitals.org/Classes](http://StRoseHospitals.org/Classes)



Ryan White Programs (HIV)

**Ryan White Eligibility**  
Living with HIV and need resources? Enroll in the Ryan White Program for medical and support services like food, dental care, financial aid, and transportation. Call 725.307.8901 for eligibility.

**A Better U!**  
Change starts from within. This program will help you live healthier, find support, and improve your outlook. Virtual and in-person workshops are available. Call 725.307.8901 to learn more. *Must be Ryan White Part A Eligible.*  
**ZOOM** Every Tuesday starting from 1/14 to 2/18 from 5 p.m. to 6 p.m.

**Aging Well Workshop**  
This workshop looks at the challenges and opportunities of aging with HIV. We'll talk about health, emotions, and social well-being, with tips on staying healthy and strong. Topics include managing other health issues, mental health support, reducing stigma, and finding support. Join us to learn, share, and build a healthier future together. Call 725-307-8901. *Must be Ryan White Part A Eligible.*  
**NLV** Every Friday starting 5/2 to 6/6 3:30 p.m. to 5 p.m.

**Spanish Aging Well Workshop: Caminos de Vida**  
Este taller aborda los desafíos y oportunidades de envejecer con VIH. Hablaremos sobre salud, bienestar y apoyo, incluyendo manejo de comorbilidades, salud mental y reducción del estigma. Únase para aprender y compartir. Llame al 725-307-8901. *Debe ser elegible para la Parte A de Ryan White.*  
**SAHA** Cada Jueves empezando 4/10 a 5/22 al 5:30 p.m. hasta 8 p.m.

**U=U Game Night**  
U=U means undetectable equals untransmittable. With undetectable viral loads, HIV can't be transmitted. Join our game night to learn more, strengthen your support system, and empower yourself. Call 725.307.8901. *Must be Ryan White Part A Eligible.*  
**NLV** Last Wednesday of the month, 6 p.m. to 8 p.m.

**Medical Case Management**  
Medical Case Management offers eligible clients access to Health Care services, Medical Nutrition Therapy, and more. Services focus on treatment adherence, options, and support. Call 725.307.8901 to schedule an assessment.  
**Fresh to U Food Bank**  
Need food assistance? Our food bank provides nutritious, ready-to-eat food bags selected by a dietitian. Pick up at 3 locations or get delivery. Personal care products are also available. Call 725.307.8901. *Must be Ryan White Part A Eligible.*

**Hope and Renewal**  
Hope and Renewal is a faith-based support group designed to provide emotional care to individuals seeking healing and guidance in times of crisis, grief, or personal struggle. Call 725.307.8901 to learn more.  
**SAHA** Every 3rd Tuesday of the month 9 a.m. to 10 a.m.

**Esperanza y Renovación**  
Esperanza y Renovación es un grupo de apoyo basado en la fe, diseñado para brindar cuidado emocional a quienes buscan sanación y orientación en tiempos de crisis, duelo o dificultades personales. Llame al 725.307.8901 para más información.  
**NLV** Cada 3er miércoles del mes 5:30 p.m. hasta 7:30 p.m.

**Positive Lifestyle and Nutrition Program**  
Our personalized nutrition program supports your health and weight goals. Team up with your own Registered Dietitian to craft a plan and get the support you need to boost your health and lifestyle. Call for eligibility 725.307.8901

**Spanish Support Group: Latinos Con Fuerza**  
Únete a nuestro grupo de apoyo: un espacio seguro para crecer, entender y conectar emocionalmente. *Elegible para Ryan White Parte A.* Llame al 725.307.8901 para más info.  
**NLV** Cada 1er y 3er miércoles del mes 5:30 p.m. a 7:30 p.m.  
**SAHA** Cada 2do y 4to jueves del mes 5:30 p.m. a 7:30 p.m.

**Women's Support Group: Shining Stars**  
Our Women's HIV Support Group is a gathering and safe space for women identifying people living with HIV to share their experiences, challenges, and triumphs. Join us to create a positive, nurturing community. Contact 725.307.8901 for more information.  
**SAHA** Every 1st and 3rd Friday of the month, from 10 a.m. to 12 p.m.  
**NLV** Every 2nd and 4th Tuesday of the month 10 a.m. to 12 p.m.



Support Groups

**AA for Women**  
**GV** Mondays, 6:30 p.m.

**Alzheimer's Support**  
**GV** 4th Tuesday, 4:30 to 6 p.m.

**Amputee Support**  
Email jlamoree@dignityhealthrehab.com for more information  
**FLAM** 3rd Wednesdays, Monthly, 6 to 8 p.m.

**Bereavement Support**  
Each "set" of offerings runs for eight sessions.  
**SAN** 2nd & 4th Wednesdays, 5 p.m.

**Stroke Support Group**  
Dignity Health Rehabilitation Hospital  
2nd Thursday, 11 a.m. to 12 p.m.

**R.E.D. Rose Support Group - Bilingual**  
The RED Rose Support Group welcomes women who have been diagnosed with breast cancer, living with metastatic breast cancer, and their family members. Join us in this positive space as we work together uplifting each other through group activities to help your best.  
**NLV** Spanish, 3rd Monday, Monthly 11 a.m. to 12:30 p.m.  
**NLV** English, 3rd Friday, Monthly 10:30 a.m. to noon  
**SAHA** Every First Thursday of the month, 10:30 a.m. to Noon

**Caregiver Support**  
**GV** Mondays 11 a.m. & Thursdays 1 p.m.  
**NLV** Spanish Support Group, 3rd Mondays at 4:30 p.m. and 4th Fridays at 5 p.m. Por favor llame al 702.592-6719 para registrarse.  
**SAHA** Every other Tuesday at 5:30 p.m. Spanish Por favor llame al 702.592.6719 para registrarse.

**Compassionate Friends (TCF)**  
Support group for parents, grandparents, and siblings who have lost a child of any age, any cause.  
**HEND** 2nd Tuesdays, 4 to 6 p.m.

**Diabetes Support Group**  
**GV** 1st Wednesdays, Monthly, 10 to 11 a.m.

**Mommy Care Club**  
1-in-5 women suffer from Postpartum Depression. We are here to support you in your motherhood journey. Call 775.553.8024 to register.  
**GV** Fridays, noon to 1 p.m.

**MS Support Group**  
Email stevenpastrone@gmail.com for more information  
**FLAM** 1st Mondays monthly, 6 to 8 pm

**Narcotics Anonymous**  
**HEND** Mondays, 6 p.m.  
**HEND** Fridays, 6 p.m.

**Prostate Cancer Support Group**  
**SAN** 1st Wednesdays, Monthly, 7 to 9 p.m.

**SMART Recovery for all Addictions**  
**GV** Thursdays, 6 p.m.

**Spanish HIV Support Group**  
El Grupo de Apoyo es un poderoso recordatorio de que todos estamos juntos en esto. Crear un sentido de comunidad donde todas las voces sean escuchadas, respetadas y valoradas. Debe ser elegible para Ryan White Parte A.  
702.620.7025.

**Suicide Prevention Lifeline**  
800.273.8255

**Surviving Suicide Loss Support Group**  
**SAN** 1st & 3rd Mondays, 6:30 to 8 p.m.

**Widows Support**  
**GV** 1st & 3rd Tuesdays, 2:30 to 4 p.m.  
**Cultural Support Group**  
**SAHA** Every other Friday at 5:30 p.m. Spanish



CARE Chest is Nevada's only nonprofit provider of free medical equipment, supplies, independent living home modifications, supplemental nutrition, and other vital resources to Nevadans in need. For information and to apply for assistance, visit CareChest.org or call 866.206.5242.



Many classes require registration. Register online at StRoseHospitals.org/Classes



Fitness

**Bingocize®**  
This fun, familiar, and unique edition of bingo combines a bingo-like game with exercise. Bingocize® has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.

**GV** **Thursdays, 2:30 to 3:30 p.m.**  
FREE

**HIGH Fitness**  
High energy, intense group fitness experience led by Kristi that combines modern fitness techniques with music you know and love.

- NLV** **Mondays, 9:30 to 10:30 a.m.**  
**HYBR** Meeting ID: 967 1470 7853  
Password: 370732  
FREE
- WEST** **Saturdays, 9 to 10 a.m.**  
FREE
- BLUE** **Thursdays, 9:30 to 10:30 a.m.**  
Meeting ID: 928 438 7723  
No Password Needed  
FREE

**High Fitness and High Yo**  
This Yoga inspired class incorporates stretching, strength and balance to help you take care of your body, prevent injuries, and maintain overall good health!

**BLUE** **HYBR** **Tuesdays, 9 to 10 a.m.**  
**HI Fitness (Low Body Toning)**  
**Tuesdays, 9:30 to 10 a.m.**  
Meeting ID: 928 438 7723  
FREE

**NLV** **HYBR** **Tuesdays, 9:30 to 10:30 a.m.**  
Meeting ID: 967 1470 7853  
Password: 370732

**Surge Strength**  
Targeted, high-rep weight training class led by Kristi, set to music you know and love!

**NLV** **HYBR** **Wednesdays, 9:30 to 10:30 a.m.**  
Meeting ID: 967 1470 7853  
Password: 370732  
FREE



**Surge Fit**  
High cardio and weight training, set to music you know and love!

**NLV** **HYBR** **Thursdays, 9:30 to 10:30 a.m.**  
Meeting ID: 967 1470 7853  
Password: 370732  
FREE

**Enhance Fitness**  
Exercise group programs help older adults at all levels of fitness become more active, energized, and empowered to sustain independence.

**GV** **Mondays, Wednesdays, and Fridays, 9 to 10 a.m.**  
**Tuesdays, Thursdays, 8 to 9 a.m.**  
**Tuesdays, Thursdays, 1:15 to 2:15 p.m.**  
Meeting ID: 2662794587  
FREE

**WEST** **Mondays and Wednesdays, 1:30 to 2:30 p.m.**  
**Tuesdays and Thursdays 8:30 - 9:30 a.m.**  
Meeting ID: 937 2168 6896  
Password: 927227  
FREE

**HEND** **Mondays, Wednesdays, and Fridays, 9 to 10 a.m. and 10:15 to 11:15 a.m.**  
FREE

**SAHA** **Mondays 8:45am - 9:45**  
**BLUE** **Mondays 2 p.m. to 3 p.m.**

**Gentle Yoga**  
Gain flexibility and balance.

**WEST** **HYBR** **Mondays & Wednesdays, 9:30 to 10:30 a.m.**  
\$5 per session or five sessions for \$20

**BLUE** **HYBR** **Mondays 11 a.m. - 12 p.m.**  
Meeting ID: 946 887 49631  
Passcode: 451695

**GV** **Tuesdays, Thursdays, 10 to 11 a.m.**  
in person only \$5 per session or five sessions for \$20

**HEND** **Tuesdays, Thursdays, 10 to 11 a.m.**

**Beginner Yoga**  
Join our instructors in learning gentle poses, slow stretching, focused breath work, and guided meditation.

**BLUE** **Mondays, 12 to 1 p.m.**  
**FLAM** **Thursdays, 11 a.m. to noon**  
FREE

**Mixed-Level Yoga**  
Requires experience beyond basic beginner. Bring a block and strap, if possible.

**WEST** **Mondays & Wednesdays, 8:30 to 9:30 a.m.**  
\$5 per session or five sessions for \$20

**Vinyasa Flow Yoga (Beyond the Basics)**  
Follow your breath and move through yoga postures to build strength, balance, and flexibility.

**FLAM** **HYBR** **Monday and Thursdays, 8:30 to 9:30 a.m.**  
Meeting ID: 913 3688 1442  
Password: Wellness  
FREE

**Take It Easy/Chair Yoga**  
With a focus on breath and body awareness, this gentle chair-based class is excellent for beginners and those with limited mobility. All levels welcome.

**HEND** **Tuesdays and Thursdays, 1 to 2 p.m.** FREE

**Yin Yoga**  
**FLAM** **HYBR** **Mondays and Thursdays, 9:45 to 10:45 a.m.**  
Meeting ID: 964 9303 1685  
Password: Wellness

**UpBeat Barre**  
A low impact fitness class that fuses strength training, Ballet, Yoga, and Pilates with popular music to create a sweaty, fun and balanced workout with varying levels of intensity designed to include everyone.

**BLUE** **Mondays, 9:30 to 10:30 a.m.**  
ID: 928 438 7723  
No Password Needed  
FREE

**FLAM** **Fridays, 9:30 to 10:30 a.m.**  
FREE

**Tai Ji Quan: Movement for Better Balance - Level 1**  
A balance class for adults at risk for falls. Improves muscle strength, balance, flexibility, posture, and mobility. Best results are achieved by completing level 1 and level 2 twice weekly for three months.

**ZOOM** **Mondays and Wednesdays, 9 to 10 a.m.**  
To register call 702.612.7201  
ID: 99105069117  
Passcode: 172186

**Tai Ji Quan: Moving for Better Balance - Level 2**  
Have you completed Tai Ji Quan: Moving for Better Balance program and want to keep your Tai Ji Quan skills going? Join Gwen for this class as she covers Level 2.

**GV** **HYBR** **Mondays and Wednesdays, 12 to 1pm, starting April 21**  
To register call 702.612.7201  
ID: 99105069117  
Passcode: 172186

**FLAM** **Tuesdays and Thursdays, Starting May 6, 3 p.m. to 4 p.m.**  
To register, call 702.620.7800

**Tai Ji Quan: Moving for Better Balance - Ongoing Level 2**  
Continue your progress at your level of balance challenge

**GV** **Mondays and Wednesdays 11 a.m. to 12 p.m., starting April 21**  
To register call 702.612.7201

**Intro to Tai Chi Qigong**  
**GV** **Mondays at 1 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

**Beginning Tai Chi**  
**GV** **Wednesdays at 1 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

**Intermediate Tai Chi**  
**GV** **Wednesdays at 2 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

**Advanced Tai Chi**  
**GV** **Mondays at 2 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

Screenings & Survivorship

**Freedom from Smoking**  
Kick the habit with this supportive, multistep American Lung Association program. Please email Richard at Richard.Davis@commonspirit.org for more information.

**Health Screenings**  
Keeping good health also means having regular check-ups and knowing your numbers. Have you had a health screening recently?

**GV** **May 13, 8 a.m. to 10 a.m.**  
Call 702.616.4902 to schedule an appointment.

Many classes require registration. Register online at [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes)

## CLASS LOCATIONS

Classes are offered at various locations. Please note the location codes below each class date/time, then refer to the location map and addresses on the back cover.

## MONTHLY eNEWSLETTER

Sign up for our monthly enewsletter, delivered the first Friday of every month for the month's class listings. Send your email address to [Jemaima.Tagayuna@commonspirit.org](mailto:Jemaima.Tagayuna@commonspirit.org).

### LOCATION KEY



The Womens Care/Outreach Centers have supported Dignity Health St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost fitness, health, nutrition, pregnancy/parenting, and wellness classes are offered at our seven convenient locations. For information, visit [StRoseHospitals.org](http://StRoseHospitals.org).



**Donate to the St. Rose Dominican Health Foundation**  
Help support our community wellness programs and consider donating to our Health Foundation at [SupportStRose.org](http://SupportStRose.org).

- GV WomensCare/Outreach Center**  
Green Valley  
2651 Paseo Verde Parkway  
Suite 180  
702.616.4901
- HEND WomensCare/Outreach Center**  
Henderson  
Rose de Lima Campus  
102 E. Lake Mead Parkway  
702.616.4378
- ZOOM ZOOM** (virtual)
- HYBR HYBRID**  
(choose in person or Zoom)
- WEST WomensCare/Outreach Center**  
Las Vegas  
7220 S. Cimarron Road  
Suite 195  
702.616.4910
- SAN San Martín Campus**  
Las Vegas  
8280 W. Warm Springs Road  
702.616.4900
- SIENA Siena Campus**  
Henderson  
3001 St. Rose Parkway  
702.616.5000

### WELLNESS CENTERS

- BLUE Blue Diamond Campus**  
Las Vegas  
4855 Blue Diamond Rd.  
Suite 220  
702.620.7025
- NLV North Las Vegas Campus**  
North Las Vegas  
1550 W. Craig Rd.  
Suite 250  
702.620.7862
- FLAM West Flamingo Campus**  
Las Vegas  
9880 W. Flamingo Rd.  
Suite 220  
702.620.7800
- SAHA Sahara Campus**  
Las Vegas  
4980 W. Sahara Avenue  
Suite 220  
725.307.8901



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