

Reach

Together in health and happiness

Winter 2025



HOW TO REGISTER

To register for classes, visit StRoseHospitals.org/Classes or call 702.616.4900.

Healthy Aging

Become 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. Application and Interview required. Must return application by January 24, 2025.
SAHA February/March 2025, FREE

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 difficult 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.

February is American Heart Month

Don't skip a beat with your heart's health. You're never too old or young to take care of your heart. The first step is understanding your risk and how to manage the factors within your control. Make heart health a priority.

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@dignityhealth.org
GV Mondays, February 3 to 24, 1 to 2 pm

Diabetes Alert Day - Tuesday, March 25, 2025

Diabetes Self-Management Program
Be empowered to better manage your diabetes while learning diereent 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 on a workshop near you.

Diabetes Lifestyle Training and Education
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.

Health Screenings
Keeping good health also means having regular check-ups and knowing your numbers. Have you had a health screening recently? Check your glucose, cholesterol, thyroid, and other exams. Call 702.616.4902 for more information on other exams and to schedule an appointment.
GV March 25, 7 to 10 am

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.

GV Thursday, January 23, 3 to 4 p.m.
Call 702-616-4975 to register. FREE

FLAM Wednesday, February 5, 2 to 3 p.m.
Call 702-620-7800 to register. FREE

BLUE Tuesday, March 11, 11 a.m. to Noon
Call 702-620-7025 to register. FREE

NLV Friday, March 21, 1:30 to 2:30 p.m.
HYBR Call 702.620.7862 to register and for Zoom link. 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 n 16 weekly sessions, followed by monthly maintenance sessions. Our life-style coaches will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes. **Sessions start in February.** To learn more, call 702.616.4975.

On the Road to Better Managing Your Diabetes Conversation Map
Featuring a game-like map, this interactive class led by a diabetes care and education specialist can help you learn the skills needed to manage your diabetes. Registration is required.

BLUE Thursday, January 30, 1 to 2:30 p.m.
Call 702.620.7025 to register. FREE

FLAM Wednesday, February 19, 10 to 11:30 a.m.
Call 702.620.7800 to register. FREE

NLV Friday, March 21, 10 to 11:30 a.m.
Call 702.620.7862 to register. FREE

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.

Communication through Sign Language
Learn basic signs to increase communication in this three-week workshop for adults.

WEST Thursdays, January 9, 16, 23, 3:45 to 5 p.m.
FREE

GV Fridays, February 7, 14, 21, 3:45 to 5 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, January 9 & 23, February 13 & 27, March 13 & 27, 11:30 a.m. to 1:30 p.m.
FREE

GV 2nd Thursdays & 4th Wednesdays, 10 a.m. to noon
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.

GV Wednesday, February 12, 6 to 8 p.m.
\$ 10 per session

Safe Sitter
Saturday, January 25, 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@dignityhealth.org.

Senior Nutrition Program
Seniors in need of monthly supplemental food assistance call 702.616.4328 for assistance.

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, February 7 to March 21, 10 a.m. - 12 p.m.

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 Wednesday, February 5, and March 5, 5:30 to 6:30 p.m.
FREE

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 merrimedley@crochetclass.org or call 702.620.7862 for more information

FLAM 2nd & 4th Thursdays, Monthly, 1 to 3 p.m.

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

Nutrition

“Appealing” Desserts: Satisfying Your Sweet Heart

Cutting down on sugar doesn’t have to mean cutting out sweetness. Learn ways to serve a colorful fruit dessert that also reinforces your healthy eating pattern. Sweet samples provided.

BLUE Tuesday, February 11, 1:30 to 2:30 p.m.
Call 702.620.7025 to register.
FREE

FLAM Wednesday, February 12, 10:30 to 11:30 a.m.
Call 702.620.7800 to register.
FREE

GV Thursday, February 13, 10:30 to 11:30 a.m.
Call 702.616.4975 to register.
FREE

NLV Thursday, February 13, 12:30 to 1:30 p.m.
Call 702.620.7862 to register.
FREE

Eat Heart Smart for Life

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

BLUE Tuesday, January 21, 11 a.m. to Noon
Call 702.620.7025 to register.
FREE

GV Monday, March 10, 1 to 2 p.m.
Call 702.616.4975 to register.
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!

BLUE Thursday, January 16, 1 to 2 p.m.
Call 702.620.7025 to register.
FREE

NLV Friday, January 17, 10 to 11 a.m.
HYBR Call 702.620.7862 to register.
FREE
Meeting ID: 92667827529
Password: 973682

FLAM Wednesday, January 29, 1 to 2 p.m.
Call 702.620.7800 to register.
FREE

Want to lose weight?

Get a metabolic test that reveals your true caloric needs. Cost is \$45.
Call 702.616.4975 for more information.

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, February 26, 1 to 2 p.m.
Call 702-620-7800 to register.
FREE

BLUE Thursday, February 27, 1 to 2 p.m.
Call 702-620-7025 to register.
FREE

NLV Friday, February 28, 10 to 11 a.m.
HYBR Call 702.620.7862 to register.
FREE
Meeting ID: 92098375212
Password: 518608

Nutrition Seminar: Shopping, Preparing and Cooking Food for Better Blood Pressure

Come join the discussion about shopping for and preparing blood pressure friendly foods including using herbs and spices.

FLAM Wednesday, March 26, 1 to 2 p.m.
Call 702-620-7800 to register.
FREE

BLUE Thursday, March 27, 1 to 2 p.m.
Call 702-620-7025 to register.
FREE

NLV Friday, March 28, 10 to 11 a.m.
HYBR Call 702.620.7862 to register.
FREE
Meeting ID: 95323701781
Password: 836106

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@DignityHealth.org for questions or to schedule an appointment.

Screenings & Survivorship

Freedom from Smoking

Kick the habit with this supportive, multistep American Lung Association program. Please email Richard at Richard.Davis@DignityHealth.org for more information.

Mammograms

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.

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@dignityhealth.org for additional information and registration.

ZOOM February 13, 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

Classes at GV and NLV: Tues/Thurs Jan 14-Feb 27 (call to assess/register) Weekly maintenance (prerequisite/register)

GV Mon: 11 a.m., Thursday 1 p.m.
Call to register 702.616.4919

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, Jan 14 - Feb 27, 11:15 a.m.- 12:15 p.m.

NLV Tues & Thurs, Jan 14-Feb. 27, 11 a.m. to Noon

ZOOM Mon, Jan 27 - Mar 3, 9 - 10:30 a.m.

ZOOM Wed, Feb 5 - Mar 12, 5 - 6:30 p.m.

Call to register 702.620.7801

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

SAHA March/April 2025
Monday/Wednesday 11 a.m.
FREE
725 307-8922

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.

ZOOM Thursdays, Jan 16 - Feb 20, 2025 from 5:30 - 7 p.m.

ZOOM Thursdays, March 13 - April 17, 2025 from 5:30 to 7 p.m.
Por favor llame al 702.592.6719 para registrarse.
ZOOM [icon] GRATIS



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

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 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 to learn more and to register.
Jan 17, 10 to 11 a.m.
Feb 12, 10 to 11a.m.
Mar 14, 10 to 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 to learn more.

FREE Birth Center Tours
Siena Campus:
Thursday evenings

Register at
StRoseHospitals.org/classes.



Breastfeeding/Prenatal Classes

Baby Basics
Learn the basics of caring for your newborn.
GV January 16, February 20, and March 20, 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 January 21, February 18, and March 18 6:30 to 8:30 p.m.

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 Saturday February 15 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 January 7 & 14, February 4 & 11, and March 4 & 11, 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 January 11, February 8, and March 8, 9 a.m. to 3 p.m.
\$35

Infant CPR
Learn the basics of Infant CPR and choking. No exam and no card issued.
January 29, February 5, and March 5, 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

Baby Steps: Learn and Play
Babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Join this exciting but not overstimulating circle time with your little one! Come ready to sing, dance and learn more about your baby through parent discussions, we call Parent Corner.
GV Tuesdays, 12:15 to 1 p.m.
FREE

Sing and Sign: Food Time
For parents with children ages newborn to 2 years.
WEST Thursdays, January 2 & 16, February 6 & 20, March 6 & 20, 1 to 1:30 p.m.
WEST Saturdays, January 11, February 8, & March 8, 12:30 to 1 p.m.
GV Tuesdays, January 7 & 21, February 4 & 18, March 4 & 18, 1 to 1:30 p.m.
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.

Parenting the Love and Logic Way
Would you like to put the fun back in parenting? Learn helpful and easy tips so you can parent without breaking a sweat. Parents and caregivers of children ages 6 months to 18 years. Email tawanda.mcintosh@dignityhealth.org to register.
GV Wednesdays, January 22, 29, February 5, 12, 19 9:30 to 11:30 a.m.
\$50 includes workbook

Circle Time with Miss Tawanda
Step into Circle Time with Miss Tawanda, 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 January 9, February 13, March 13; 11:30 to 12:15 p.m.

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.



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.

Medicare 101
Decipher the Medicare maze and maximize your benefits.
HEND Monday, Jan. 27 & Mar. 10, 2 to 4 p.m.
FREE

SAHA Tuesday, Jan. 7, Feb. 4, & Mar. 4, 1 to 3 p.m.
FREE - SPANISH

GV Wednesday, January 22 & March 26, 10 a.m.
FREE

NLV Tuesday, Feb. 4, 2 to 4 p.m.
FREE

BLUE Thursday, Jan. 9th, 1 to 3 p.m.
FREE

FLAM Friday, Jan. 17, & Mar. 21 at 12:00 to 2:00 p.m.
FREE

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.

¡Tu Mejor Versión!

El cambio empieza por dentro. Únase a nuestro taller de 6 semanas para un estilo de vida más saludable, apoyo y mejor perspectiva. Llame al 725.307.8901 para más información. Debe ser elegible para Ryan White Parte A.

SAHA Cada Jueves empezando 1/16 a 2/20 al 5:30 p.m. hasta 7:30 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 2nd Tuesday of the month 9 a.m. to 10 a.m.

SCRIPT Your Future

SCRIPT Your Future is launching monthly health workshops, available in-person and virtual. Led by Community Pharmacist, Dr. KayLynn Bowman. It features guest speakers, presentations, and group discussions. Call 725-307-8901 for details. Must be Ryan White Part A Eligible.

NLV Every 2nd Friday of the month **ZOOM** 12 p.m. to 1 p.m.

Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Come join us in learning more about ways to keep your heart healthy and keep on moving! Contact 725.307.8901 for more information. Must be Ryan White Part A Eligible.

SAHA Every Thursday starting from 2/6 to 2/27 from 4 p.m. to 5 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. Llama 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.

NLV Every 2nd and 4th Friday of the month 10 a.m. to 12 p.m.

SAHA Every 1st and 3rd Tuesday of the month 10 a.m. to 12 p.m.

Ryan White Pop Up Farm Stand

Join our Pop Up Farm Stand for colorful, fresh produce and learn about its health benefits. Contact 725.307.8901 for more info. Must be Ryan White Part A Eligible.

SAHA Every 2nd Tuesday of the month 10:00 a.m. to 4:00 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.

SAHA Every other Tuesday at 5:30pm Spanish

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.

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.

BLUE Tuesday, January 21, 11 a.m. to Noon

Call 702-620-7025 to register. FREE

GV Monday, March 10, 1 to 2 p.m.

Call 702-616-4975 to register. 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! To register, please call 702.616.4929

GV Mondays, February 3 to 24, 1 to 2 pm

Buena Salud Para un Corazón Sano

Aprenda sobre consejos prácticos para mantener un corazón sano, manejo del colesterol y la presión alta. Acceda a clases personalizadas y una cita con un dietista registrado. Para más información llame al 702.616.4932

SAHA Febrero 6 al 27, 1:30 a 2:30 pm

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

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: 994 5181 2394
Password: 006029
FREE

WEST **Saturdays, 9 to 10 a.m.**
FREE

BLUE **Thursdays, 9:30 to 10:30 a.m.**
HYBR Meeting ID: 994 5181 2394
Password: 006029
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 **Tuesdays, 9 to 10 am**
NLV **HYBR** **HI Fitness** (Low Body Toning) **Tuesdays, 9:30 to 10 a.m.**
YO Fitness (Full body stretching) **Tuesdays, 10 to 10:30 a.m.**
Meeting ID: 994 5181 2394
Password: 006029
FREE

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: 994 5181 2394
Password: 006029
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: 994 5181 2394
Password: 006029
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

BLUE **Fridays 10:45 to 11:45 a.m.**
FREE

NLV **THURSDAYS from 1:30 to 2:30 p.m.**
HYBR Meeting ID: 994 5181 2394
Password: 006029

Gentle Yoga
Gain flexibility and balance.

WEST **HYBR** **Mondays & Wednesdays, 9:30 to 10:30 a.m.**
FREE

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.** FREE

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.

BLUE **Wednesdays, 10:45 to 11:45 a.m.**
FREE.

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

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 Starting Jan. 27 9 to 10 am**
To register call 702.616.4902

GV **HYBR** **Mondays and Wednesdays, starting Jan. 27, 12:00 p.m.**

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

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 **Mondays and Wednesdays, starting Jan. 27 at 11 am** (in-person only)

ZOOM **Mondays and Wednesdays, starting Jan. 27 from 9 to 10 am**

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
FREE

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

Flex and Flow
Come stretch and flow as we regain our flexibility and balance together.

SAHA **Thursdays 9 a.m. to 10 a.m.**

Zumbini
Enhance your child’s motor and cognitive skills and developmental milestones.

HEND **Wednesdays, 2 to 2:45 p.m.**
FREE

GV **Monday 10 a.m., Tuesday and Thursdays, 9:15 to 10:00 a.m., Friday 1:30 p.m.**
FREE

WEST **Thursdays, 10:15 to 11 a.m., Saturdays, 11:15 a.m. to noon**
FREE

BLUE **Wednesdays and Fridays, 9:30 to 10:30 a.m.**
Thursdays, 10:45 to 11:45 a.m.
FREE

FLAM **Tuesdays, 10 to 10:45 a.m.**
Tuesdays, 11 to 11:45 a.m.
FREE

NLV **Tuesdays, 5:30-6:30 p.m.**
Saturdays, 10:30-11:30 a.m.
FREE

SAHA **Fridays only at 10 a.m. to 11 a.m.**
FREE

Intro to Tai Chi Qigong
Mondays at 1 p.m.
\$3 or 10 for \$20

GV Meeting ID: 99105069117
Password: 172186

Advanced Tai Chi
Mondays at 2 p.m.
\$3 or 10 for \$20

GV Meeting ID: 99105069117
Password: 172186

Beginning Tai Chi
Wednesdays at 1 p.m.
\$3 or 10 for \$20

GV Meeting ID: 99105069117
Password: 172186

Intermediate Tai Chi
Wednesdays at 2 p.m.
\$3 or 10 for \$20

GV Meeting ID: 99105069117
Password: 172186

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.

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.



Donate to the St. Rose Dominican Health Foundation
Help support our community wellness programs and consider donating to our Health Foundation at 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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