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 nve-newsletter@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 www.commonspirit.org/patient-resources/classes-events.

Dignity Health.
St. Rose Dominican

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

SCAN ME

Please scan the QR code to access the current issue of Reach Magazine

Dignity Health.
St. Rose Dominican

A member of CommonSpirit

Reach

Together in health and happiness

Summer 2026

HOW TO REGISTER

To register for classes, visit www.commonspirit.org/patient-resources/classes-events or call 702.616.4900.

We celebrate World Breastfeeding Week in August!

We celebrate World Breastfeeding Week in August! Join us at the NVMCH Fall Symposium, Camp Evolution on September 9 and 10. We'll feature sessions dedicated to supporting breastfeeding journeys, mental health support, nutrition education, immunizations and more. Learn more at nvmch.org or text 702.616.4929.
Register here:
https://campevolution2026.vfairs.com

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.

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.

Join us September 21 - 25 for Falls Prevention Awareness Week

A nationwide observance in partnership with the Nevada Goes Falls Free Coalition to raise awareness on preventing falls, reducing the risk of falls and helping our community live without fear of falling. Email Tori.Diego@CommonSpirit.org, call or text 702.616.4929 for more information and a list of events.

Medicare 101

Decipher the Medicare maze and maximize your benefits.
Medicare covers 68 million Americans, but understanding your benefits can be confusing. The Medicare Assistance Program offers free, unbiased, personalized information to help you navigate Medicare, maximize your benefits, avoid fraud, and explore cost-saving programs.

- GV **Monday, July 13 & September 14 at 2 p.m.** Free
- FLAM **Monday, July 27, August 24 & September 21 at 11:30 a.m.** Free
- SAHA **Tuesday, July 7 English), & September 1 (Spanish) at 1 p.m.** Free
- BLUE **Tuesday, July 14 at 10:30 a.m.** Free
- NLV **Thursday, July 23, August 6 & September 3 at 2 p.m.** FREE
- HEND **Friday, August 21 & Sept. 18 at 11:00 am St. Rose De Lima** FREE

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 and Human Services (HHS) as part of a financial assistance award totaling $1,108,172.12 with 100 percent funding by ACL/HHS and the Nevada Department of Human Services (DHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.

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.**
- HYBR Zoom ID: 928 4387 723 No Password FREE

Stretch and Recover
Join us in this chair-based class led by a licensed massage therapist and learn gentle stretches for the whole body. Build community, chat with other students, and leave feeling both relaxed and refreshed.
- FLAM **Tuesdays, 1 - 2 p.m.**
  Fridays, 12:30 - 1:30 p.m. Free
- BLUE **Wednesdays at 1 p.m. and Thursdays at 2:15 p.m.**

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 GV **Mondays and Wednesdays, 12 to 1 p.m. starting July 13. To register call 702.616.4975** Meeting ID: 99105069117 Password: 172186
- BLUE **Mondays, 2 p.m. - 3 p.m.**

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.
- ZOOM **Mondays and Wednesdays, 9 to 10 a.m. Starting July 13. Call 702.616.4975 to register.**
- FLAM **Tuesdays and Thursdays, 3 p.m. to 4 p.m. To register call 702.620.7800**

Tai Ji Quan: Moving for Better Balance - Advanced Level 2
On-going Tai Ji Quan program for more experienced participants.
- GV **Mondays and Wednesdays, 11 a.m. to 12 p.m.**

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

Arthritis Gold
Arthritis Gold is a gentle stretch and strength exercise class designed to help people with arthritis improve their flexibility, range of motion, and muscle strength while managing pain and stiffness. Arthritis Gold is suitable for those new to exercises and those with more experience.
- NLV **Mondays: 4:30 - 5:30 p.m. Wednesdays: 3:30 - 4:30 p.m. Saturdays: 10 - 11 a.m.** FREE

Guided Meditation
Experience deep relaxation with yoga nidra, a guided practice where your body rests while your mind stays aware. This practice aims for a profound mental and physical reset. Feel free to bring a blanket or pillow for comfort. Yoga nidra can reduce stress, anxiety, and insomnia.
- BLUE **Mondays 1 to 2 p.m.**

Block Therapy and Fascia Decompression
Learn what your fascia is and understand its importance for daily movement. This class uses blocking techniques and diaphragmatic breathing to reduce stress and pain, improve posture, stimulate the lymphatics, and create a healthier you.
- FLAM **Thursdays weekly, 11 am to Noon**
- WEST **Fridays, 2p.m. to 3 p.m. FREE**

nevada health link

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.

The enrollment period runs from November 1 until December 31.

Contact one of our Certified Enrollment Counselors today for assistance at 702.616.4904 or nevadahealthlink@commonspirit.org.

Registration is not required for most fitness classes. Drop-ins are welcomed!

Fitness

High Fitness
High energy, intense group fitness class led by Emily or Kristi that combines modern fitness techniques with music you know and love.

NLV HYBR **Mondays and Tuesdays, 9:30 to 10:30 a.m.**
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 10:30 a.m.**
Meeting ID: 928 438 7723
No password needed
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: 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.
Meeting ID: 2662794587
Tuesdays, Thursdays, 1:15 to 2:15 p.m. (In person only)

WEST **Mondays and Wednesdays, 1:30 to 2:30 p.m.** (In person only)
Tuesdays and Thursdays, 8:15 to 9:15 a.m.
Meeting ID: 96702209528
Password: 289067
FREE

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

FLAM **Tuesdays, 12 to 1 pm and Fridays, 11:30 am-12:30 pm**
FREE

SAHA **Thursdays from 9 to 9:45 a.m.**

NLV **Mondays, 3:30 - 4:30 p.m.**
Wednesdays, 2:30 - 3:30 p.m.
Saturday, 9 - 10 a.m.
FREE

BLUE **Mondays, 2 - 3 p.m. &**
Thursdays, 2:15 - 3:15 p.m.
FREE

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

BLUE **Mondays, 12 to 1 p.m.**

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.**
ID: 967 0220 9528
Passcode: 289067

Gentle Yoga
Gain flexibility and balance.

WEST HYBR **Mondays & Wednesdays, 9:30 to 10:30 a.m.**
ID: 967 0220 9528
Passcode: 289067

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

GV **Tuesdays, Thursdays, 10:15 to 11 a.m.**
in person only $5 per session or five sessions for $20

HEND **Tuesdays, Thursdays, 10 to 11 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

Yin Yoga

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

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

WEST HYBR **Tuesdays and Thursdays, 9:15 a.m.**
FREE
ID: 967 0220 9528
Passcode: 289067

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 or text 702.616.4932 for more information and to register.

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 or text 702.616.4932 for more information on a workshop near you.

GV **Fridays, July 10 to August 14, from 1 p.m. to 3:30 p.m.**
FREE

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

Safe Sitter
Saturday, July 18, 9 a.m. to 3:30 p.m.
$25 - Lunch included, please 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, July 9, 16 and 23 3:45 to 5 p.m.**
FREE

GV **Tuesdays, August 11, 18, 25 3:45 to 5 p.m.**
FREE

FLAM **September 14, 21, 28 3:45-5 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 call to register.

GV **Wednesday, August 12 6 to 8 p.m.**

SAHA **Thursday, August 13, 6 to 8 p.m.**
Tuesday, November 17, 6 to 8 p.m.
Register: 725-307-8901

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, July 9 & 23, August 13 & 27, September 10 & 24 12 to 2 p.m.**
FREE

GV **2nd Thursdays & 4th Wednesdays, 10 a.m. to Noon**
FREE

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 fals through this 7 week workshop.
Call or text 702.616.4929 for more information.

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, August 5, and September 2 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 merrimedley@crochetclass.org or call 702.620.7800 for more information

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

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.

Let's Slow Down Dementia with Cognitive Stimulation Therapy

7 week class for mild to moderate dementia, designed to "Slow down" dementia (evidence based).

GV NLV **Tuesday/Thursday, 11:15 am, June 16 - July 30; August 11 - September 24; October 6 - November 19** (call to assess/register)

Weekly maintenance (prerequisite/ register) please call for schedule and locations. Contact: 702.616.4919.

Spanish, Please call 702 616 4919

Adult Mental Health First Aid

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 appropiate care. Please email terry.maurer@commonspirit.org for additional information and registration.

GV **Sept 30 from 8:30 a.m. - 4 p.m.**

Youth Mental Health First Aid

Contact: terry.maurer@commonspirit.org

Memory Cafe

Monthly, 1 hour "Coffee/Donuts" socialization for Dementia patients and caregivers, with fun cognitivity activities, offered at various locations through out the valley. Call 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 **Tuesday & Thursday, August 11 - September 24 11:15 a.m. - 12:15 p.m.**

NLV **Tuesday & Thursday, August 11 - September 24, 11 a.m. - Noon**

Tuesdays, Sept 1 - Oct 13 from 3:30 - 5 p.m. (one Sept session will be skipped)

ZOOM **Tuesdays, July 21 - August 25 from 2 - 3:30 p.m.**
Call or text 702.616.4929 for more information.

Herramientas Poderosas para Cuidadores

¿Cuida de un ser querido? Este programa GRATIS, basado en evidencia, lo capacitapara 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.

The One Stop Shop for Mental Wellbeing Resources

The free online platform brings together expert rated and vetted videos, podcasts, apps, books andarticles all in one easy to use place. Visit clarkcounty thrive.crediblemind.com to sign up.

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 July 27, 1:30 to 2:30 p.m.**
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 text Angel Garcia at 702.616.4932 or email, angel.garciasaavedra@commonspirit.org

GV **Mondays, August 3 to August 24, from 1:30 to 2:30 p.m.**
FREE

SAHA **Tuesdays, September 8 to September 29, 1 to 2 p.m.**, FREE

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 o mande un mensaje de texto a Angel Garcia al 702.616.4932 o envíe un correo electrónico a angel.garciasaavedra@commonspirit.org

ZOOM **Jueves, Julio 9 a Julio 30, de 5:30 a 6:30 p.m.**

Health Coaches for Hypertension Control

This 8-week workshop is designed for any adult diagnosed with high blood pressure and those concerned with or about developing it. In this workshop, you will learn more about phsyical activity, nutrition, medication management, substance use, and chronic disease. All participants receive a free blood pressure monitor after completing the program. For more information or to register, please call, text, or email Angel Garcia at 702.616.4932 angel.garciasaavedra@commonspirit.org

GV **Wednesdays, from July 22 to September 19, 1 to 2:30 pm**
FREE

Support Groups

AA for Women

GV **Mondays, 6:30 p.m.**

Alzheimer's Support

GV **4th Tuesday, 4:30 to 6 p.m.**

Bereavement Support

SAN **2nd & 4th Wednesdays, 5 p.m.**

Stroke Support Group

Dignity Health Rehabilitation Hospital
2nd Thursday, 11 a.m. to 12 p.m.

Breast Cancer 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, 2nd Friday, 10 - Noon**

NLV **English, 3rd Friday, 10:30 a.m. to noon**

SAHA **1st Thursday, 10:30 a.m. - Noon**

Caregiver Support

GV **Mondays 11 a.m.**

SAHA ZOOM **3rd Tuesday of each month at 5:30 p.m.**
3rd Friday of each month from 5 p.m.
Spanish
Por favor llame al 702.592.6719 para registrarse.

Chronic Pain support group

SAHA **3rd Thursday, Monthly**
Español de 4 p.m. a 6 p.m.

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 for more information.

GV **Fridays, noon to 1 p.m.**

MS Support Group

Support group that brings together individuals living with multiple sclerosis and their caregivers for connection, understanding, and mutual encouragement. Email stevenpastrone@gmail.com for more information

FLAM **1st Mondays monthly, 6 to 8 p.m.**

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.**

Surviving Suicide Loss Support Group

1st & 3rd Mondays, 6:30 to 8 p.m.

Shining Stars Women's HIV Support Group

Biweekly support group where any person who identifies as a woman living with HIV can join and find support in all aspects of life. Talk about your lived experience, discuss hardships, form friendships and relationships.

NLV **Every 4th Friday of the month, 10 a.m. to Noon**

SAHA **Every 2nd Tuesday of the month, 10 a.m. to Noon**

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 eligible para Ryan White Parte A. 725.307.8901

Suicide Prevention Lifeline

800.273.8255 or 988

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
Renewing Hope · Nurturing Independence

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 www.commonspirit.org/patient-resources/classes-events

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.

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 **Monthly on the last Wednesday of the month, 6 to 8 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 725.307.8927

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.*

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 **El tercer jueves de cada mes, de 5:30 a 7:30 p.m.**

SAHA **Primer miercoles del mes 5:30 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 3rd Tuesday of the month 10 a.m. to 12 p.m.**

NLV **Every 4th Friday of the month 10 a.m. to 12 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 702.616.4347 to schedule an assessment.

My Coverage Coach
Feeling lost in the maze of your health insurance? Drowning in details about what's covered or who's in-network? It's time for clarity and confidence with My Coverage Coach! We're bringing a fresh, empowering approach to mastering your health plan, designed just for you. Join our dynamic coaching program and discover how simple navigating your benefits can be! In addition to personalized sessions, we | offer engaging My Coverage Coach classes to deepen your knowledge. For more information contact Christina 725-307-8903

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

Screenings & Survivorship

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

GV **August 11, 8 to 10 a.m.**
Call or text 702.616.4922 to schedule an appointment.

Nutrition

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.

Meal Plan Like a Pro
Eating better starts with planning better. Get started meal planning and prepping under the guidance of our Registered Dietitian's healthy meal planning methods. See and learn easy, effective and efficient meal prepping techniques, save time and money with healthy preparation, and fuel the body with quick and easy recipes. Materials and tasting will be provided.

GV **Wednesday, July 29, from 10 a.m. to 11 a.m.,** 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.

Lighten-up: The Path to Your Best Self - Weight Management Session
Your path to a healthier, lighter you starts here. This weight management class goes beyond the scale, exploring the behaviors and techniques that truly impact your ability to achieve and maintain a healthy weight for life. Call or text 702.616.4975 or email rhonda.nofoa@commonspirit.org.

GV **Thursday, September 3, 4 pm to 5:30 p.m.**

Diabetes Management

Prediabetes: Steps to Prevent Diabetes
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.

NLV **Thursday, July 16, 11 a.m. - 12:30 p.m.**
Call or text 702.620.7025 to register for the class.

SAHA **Thursday, August 27, 4 p.m. to 5:30 p.m.**
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 monthlymaintenance sessions. Our lifestyle coaches will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes. Program starts in Spring and Fall.

Diabetes Self-Management Program
Be empowered to better manage your diabetes while learning dierent 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 or text 702.616.4932 for more information on a workshop near you.

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. Referral required. Call or text 702.616.4975 for details.

Intro to Blood Glucose Monitoring
Unlock better glucose control! Learn how Continuous Glucose Monitors (CGM) work, interpret your data, and leverage insights for improved diabetes management. To learn more, and to register, call or text 702.616.4975

Build a Better Smoothie
Join us for a workshop that will help you gain the skills to create delicious low-sugar, high-fiber smoothies at home. Discover and taste smoothie combinations using nutritious ingredients that will keep you full and energized. Come blend, taste, and learn!

GV **Wednesday, July 15, from 10 a.m. to 11 a.m.,** FREE

Nutrition Consultations
Meet with a registered dietitian. Most insurances welcome and cash discounts are available. Call or text 702.616.4975.

Avocado and other Fabulous Fatty Foods
Explore the incredible world of healthy fats! This class dives into the nutritional powerhouse that are fatty foods, debunking myths and showing you how to incorporate delicious, nutrient-dense ingredients into your diet for improved health and flavor.

FLAM **September 23, from 10 a.m. to 11:30 a.m.,** FREE

Many classes require registration. Register online at www.commonspirit.org/patient-resources/classes-events

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.

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 visit nvmch.org to learn more and to register.
July 10, 10 - 11 a.m.
August 12, 10 - 11 a.m.
September 18, 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 to learn more.
2nd and 4th Wednesdays of each month from 12 - 1:30 p.m

FREE Birth Center Tours

Siena Campus:
Thursday evenings

Register at dignityhealth.org/las-vegas/classes-and-events

Breastfeeding/Prenatal Classes

Baby Basics
Learn the basics of caring for your newborn.
GV **July 16, August 20, September 17, 6 to 9:30 p.m.**
$30 per couple

Baby Weigh Stations
Baby weight checks. No appointment necessary.
GV WEST HEND FREE

Breastfeeding
Our lactation staff provides information and support to begin a successful nursing experience to prepare you for any challenges.
GV **Tuesdays July 21, August 18, September 15, 6 to 8 p.m.**
$30 per couple

Breastfeeding Helpline and Consultations
Call 702.616.4908 for help or a private appointment with a certified lactation counselor.
GV

Daddy Boot Camp
This father-to-father workshop inspires and helps dads become confidently engaged with their infants.
GV **Saturday, August 8**
9 a.m. to 11 a.m.
$20

Infant CPR
Learn the basics of Infant CPR and choking. No exam and no card issued.
July 15, August 19, September 23, 6 p.m. to 8 p.m
$20 per couple

Prepared Childbirth
This two-week session, held on Wednesday 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 **July 1 & 8, August 5 & 12, September 2 & 9 at 6 to 9 p.m.**
$35 per couple

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 **July 11, August 8, September 5, 9 a.m. to 3 p.m.**
$35 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 11 a.m. - 12:30 p.m. Junio 19, Julio 17, Agosto 21,**
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, July 2 & 16, August 6 & 20, September 3 & 17, 12 p.m.**
WEST **Saturdays, July 11, August 8, & September 12, 12:30 p.m.**
GV **Tuesdays, July 7 & 21, August 4 & 18, September 1 & 15, 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.

Friendship Builders
Join Miss Nicole for Friendship Builders, a heart-centered caregiver-and-child class for ages 2.5 to 5. Using the Kimochis® social-emotional curriculum, little learners build kindness, confidence, and connection - while caregivers learn simple, effective tools they can use at home. Each week features one of our 10 core friendship values. No registration required - everyone is welcome to join!
BLUE **Fridays at 8:45 a.m.**
GV **Tuesdays at 3 p.m.**

Circle Time with Miss Roni
Step into Circle Time with Miss Roni, 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 Roni 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. Designed for ages 12 months-3 years old.
HEND **July 9, Aug 13, September 10, 2:15 -3 p.m.**
BLUE **Wednesdays, 10:15 - 11 a.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 **Wednesdays, 12 p.m. - 1 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.**
FREE
BLUE **Wednesdays, 11 a.m. - 12 p.m.**
FREE

Play and Learn (Ages 18 months – 4 years)
Little ones will sing, play, build, and explore in this lively class made just for curious toddlers and preschoolers! With songs, games, hands-on centers, and a fun craft here and there, every session is a new adventure in learning through play.
BLUE **Fridays, 10:15 to 11 a.m.**
GV **Mondays 9 - 9:45 a.m., Tuesdays 4:30 - 5:15 p.m. and 1st and 3rd Saturday of the month 10 a.m.**

Zumbini
Enhance your child's motor and cognitive skills and developmental milestones.
GV **Monday 10 a.m., Tuesday and Thursdays, 9:15 a.m., Tuesday 3:45 p.m.,**
WEST **Tuesdays at 10:15 a.m. Thursdays at 10:30 a.m. Saturdays at 11 a.m.**
HEND **Wednesdays 2 p.m.**
FREE
BLUE **Wednesday and Fridays, 9:30 a.m. Thursdays, 10:45a.m.**
FREE
FLAM **Tuesdays, 10 a.m. and 11 a.m.**
FREE
NLV **Tuesdays 5:30 p.m. and Saturdays at 11 a.m. and 12 p.m.**
FREE
SAHA **Fridays 10 a.m.**

Many classes require registration. Register online at www.commonspirit.org/patient-resources/classes-events