

may · june · july

Call 616-4900 for information, reservations and to learn about other programs.

INDEX

-  **Health & Wellness**
-  **Exercise & Fitness**
-  **Nutrition**
-  **Screenings**
-  **Integrative Medicine**
-  **Health Conditions**
-  **Safety & Injury Prevention**
-  **Programas en Español**
-  **Support Groups**
-  **Breastfeeding**
-  **Pregnancy & Childbirth**
-  **Infants, Children & Parenting**



HEALTH & WELLNESS

SENIOR PEER COUNSELING

Over 50? Need a trained peer counselor to listen? Call 616-4902 for appt.
HEND; WEST; RDL; SAN

SPA DAY

Enjoy mini massages, reflexology, facials, hand therapy and more!
Thursday, June 25; 1-4 p.m.
WEST: S20

BREAST CANCER SUPPORT

Floating Support Group: **4th Monday - 6-7:30 p.m.**, Lake Las Vegas
Montelago Village Marina
Speaker Meetings: **2nd Monday - 6 p.m.**, HEND
Monday, May 11 - Nutrition
Monday, June 8 - Hypnosis for Healing
Monday, July 13 - Dental Health During Treatment and Beyond

TRANSITIONS

Over 50? Get help navigating life changes related to retirement, relationships and health concerns.
1st Tuesday - May 5, June 2, July 7; 2-3 p.m.
HEND

WIDOW SUPPORT GROUP

1st Wednesday - May 6, June 3, July 1; 2-3 p.m.
HEND

MIGUN MASSAGE

Enjoy free 35-minute massages on the Migun Thermal Massage bed.
Call 616-4900.
Monday - Friday; 9 a.m.-6 p.m.
HEND

HEALING WITH RHYTHM DRUM CIRCLE

Bring a healthy food item to share.
1st Friday - May 1, June 5, July 3; 6:30-8:30 p.m.
HEND
3rd Friday - May 15, June 19, July 17; 6:30-8:30 p.m.
WEST

RELAXATION MEDITATIONS

Practice techniques that promote peace and good health.
Thursday, May 28; 6-7 p.m.
Monday, June 8; 6-7 p.m.
Wednesday, July 1; 6-7 p.m.
HEND

NOURISH YOUR SOUL

Join Susan Provost for enlightening topics and a cup of tea.
Tuesday, May 26; 1:30-3:30 p.m. - Who Are You? Recognizing Your Gifts
Tuesday, June 23; 1:30-3:30 p.m. - Sabbath - Quiet Times to Commune
Tuesday, July 14; 1:30-3:30 p.m. - Social Justice - Gratitude for Our Blessings
HEND

MEDITATION BASIC TRAINING

Learn a different guided relaxation technique each week.
Tuesdays - June 2, 9, 16, 23; 9-10 a.m.
WEST: S20 for four-week series

CLUTTER DIET

Join Liz Nitta, professional organizer to reduce the stress of clutter.
Monday, June 22; 3-4 p.m.
HEND
Tuesday, June 30; 6-7 p.m.
WEST

KNIT TO HEAL

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!
2nd Thursday - May 14, June 11, July 9; 10:30 a.m.-noon
HEND
Thursdays - May 7 & 21, June 4 & 18, July 2, 16 & 30; 1-2 p.m.
WEST

LABYRINTH MEDITATION PROGRAMS

Find peace, clarity and creativity through themed walks and activities.
Friday, May 15; 4-5 p.m. - Remembrance Walk
Friday, June 19; 6-9 p.m. - Summer Solstice Celebration
Friday, July 17; 9-10 a.m. - Freedom Walk
SAN - Labyrinth (next to ER)

CALENDAR ABBREVIATIONS

- SAN - San Martín Campus, Las Vegas
- WEST - WomensCare Center, Las Vegas
- MAC - Siena Campus - MacDonald Room, Henderson
- SGR - Siena Campus - Garden Room, Henderson
- RDL - Rose de Lima Campus, Henderson
- RAN - Rose de Lima Campus - Annex, Henderson
- HEND - WomensCare Center, Henderson
- FTF - Family to Family Center, Henderson
- COND - Siena Campus - Conference Room D



SpringCalendar

of classes and upcoming events

LABYRINTH SUMMER SOLSTICE CELEBRATION

Walking, meditation and drumming to welcome in the summer.

Friday, June 19; 6-9 p.m.

SAN: Labyrinth (next to ER)

BALANCING ENERGY FIELDS

Join Goldie to release the past through EFT, sound therapy and meditation.

2nd Tuesday - May 12, June 9, July 14; 6:30-8:30 p.m.

WEST

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.

3rd Thursday - May 21, June 18, July 16; 2:30-3:30 p.m.

HEND

MENOPAUSE SUPPORT

Monthly speakers, updates and support; Liz Waggoner, MS

3rd Thursday - May 21, June 18, July 16; 6-7:30 p.m.

HEND

ALZHEIMER'S ASSOCIATION LECTURES

With Christine Terry

Thursday, June 4; 2-4 p.m. - Responding to Challenging Behaviors

Thursday, June 25; 2-4 p.m. - Care Options

Thursday, July 23; 2-4 p.m. - Keeping Your Loved One Safe

HEND

THE ZEN OF PAINTING

Paint a paddle or canvas.

Friday, May 29 or June 12; 1-3:30 p.m.

Saturday, June 27; 10:30 a.m.-1 p.m.

WEST: \$20 (includes supplies)

BEDAZZLED, BEJEWELLED, BE YOU

Join Janice, Joan and Jeannine to replenish, relax and renew.

Saturday, June 27; 9 a.m.-noon

SAN: \$30

MUSIC FOR THE SOUL

Monthly concert series with Judith Pinkerton.

1st Thursday - May 7, June 4, July 2; 3-5 p.m.

SAN

GIRL TALK

Mothers and daughters (10-14 yrs.) join Dr. Carrie Wijesinghe to discuss female puberty.

Tuesday, July 21; 6:30-7:30 p.m.

HEND

CAREGIVER WORKSHOP

Join St. Rose Hospice Services to learn how to care for loved ones at home.

Topics covered: medications, safety, hygiene and stress management.

Call 616-4900 for more information.

HELP HELPING HANDS!

Needed: Volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping.

Call 616-6554 if you can help.

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness Program provides preventive health programming (employee health fairs, health screenings, consultations, seminars/presentations) to help employers improve the health of their workforce.

Call Al Medina at 492-8116 for more information.



EXERCISE & FITNESS

ZUMBA LATIN FITNESS

Fridays - 9-10 a.m. with Diane

Saturdays - 9-10 a.m. with Linda

HEND: \$5 per session or five sessions for \$20

Mondays - 6:15-7:15 p.m. with Lucy

Wednesdays - 3:30-4:30 p.m. with Linda

Thursdays - 6-7 p.m. with Cindy

Saturdays - 3:45-4:45 p.m. with Cindy

WEST: \$5 per session or five sessions for \$20

BALLET YOGA FUSION

Tuesdays & Thursdays - 11 a.m.-noon with Dr. Debbie

HEND: \$5 per session

BEGINNER YOGA (BILINGUAL ENGLISH/SPANISH CLASS)

Saturdays - 11:30 a.m.-12:30 p.m. with Rosa

HEND: \$5 per session or five sessions for \$20

BELLY DANCING

3rd Saturday - May 16, June 20, July 18; 10-11:30 a.m. with Linda

HEND: \$5

2nd Saturday - May 9, June 13, July 11; 10:30-noon with Goldie

WEST: \$5

WALK THIS WAY: WALKING CLUB

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays - 9-10 a.m.

Call 616-4900 for meeting location: Free

GENTLE YOGA

Wednesdays - 9-10 a.m. with Jeannine

HEND: \$5 per session or five sessions for \$20

Mondays & Wednesdays - 9-10 a.m. with Justine

WEST: \$5 per session or five sessions for \$20

HEALING YOGA

Mondays - 5-6 p.m. with Don

HEND: \$5 per session or five sessions for \$20

Mondays - 5-6 p.m. with Jen

Wednesdays - 5-6 p.m. with Justine

WEST: \$5 per session or five sessions for \$20

CLINICAL YOGA

Tuesdays & Thursdays - 10-11 a.m. with Dr. Debbie

HEND: \$5 per session or five sessions for \$20

MIXED-LEVEL YOGA

Tuesdays - 6-7 p.m. with Don

Fridays - 10-11:15 a.m. with Jen

Saturdays - 9-10 a.m. with Justine

WEST: \$5 per session or 5 sessions for \$20

AGELESS WOMAN WORKOUT: OSTEOPOROSIS EXERCISE

Learn breathing, yoga and movement techniques that target a woman's aging zones.

Tuesdays & Thursdays - 9-9:45 a.m.

Tuesdays - 5-5:45 p.m.

HEND: \$5 per session

INTENSE PILATES

Wednesdays - 10:30-11:30 a.m. with Dr. Debbie

HEND: \$8 per session

TAI CHI

Join Stella Huang to learn the Chinese martial art that creates balance and a sense of well-being.

New Beginner - Wednesdays - 2:30-3:30 p.m.

Beginner I - Wednesdays - 1:30-2:30 p.m.

Beginner II - Tuesdays - 1:30-2:30 p.m.

Intermediate - Wednesdays - 3:30-4:30 p.m.

Advanced - Tuesdays - 2:30-3:30 p.m.

Fan Practice - Mondays - 1:30-2:30 p.m.

HEND: First class FREE, \$3 per session or 10 sessions for \$20

Beginners - Thursdays - 9-10 a.m.

WEST: First class FREE, \$3 per session or 10 sessions for \$20



NUTRITION

PROPER pH

The importance of balancing acidic and alkaline foods for the body's health and disease prevention.

Thursday, June 11; 6-7:30 p.m.

WEST

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles and nutritional considerations.

Monday, June 22; 6-7 p.m. - Summer Smoothies

HEND

FIRE UP YOUR METABOLISM

Join Dr. Dominic Riccardi to learn how to boost your metabolism and burn more calories.

Wednesday, June 17; 6-7 p.m.

WEST

TOO YOUNG TO BE THIS OLD: WOMEN'S WISDOM BRUNCH

You can run, but you can't hide! You are aging. Learn what to expect, how to recognize new strengths and how you can go with the flow. Presented by Adrienne O'Neal, MFT

Saturday, July 18; 10 a.m.-1 p.m.

SAN: \$35



may • june • july

Call 616-4900 for information, reservations and to learn about other programs.



BIKING AND LIKING IT

Go green, save gas, get fit and have fun all on two wheels

PEDAL PUSHERS & BICYCLE BABES

Learn tips for choosing the right beach cruiser, road bike or mountain bike for your interests – or how bike accessories such as a new seat, pedals and shifting mechanisms can bring your current bike up to speed.

Wednesday, May 13; 10 a.m.-noon

The Bike Shop; 2570 Wigwam Pkwy. (at Pecos)

WOMEN & THE ART OF BICYCLE MAINTENANCE

Learn to fix a flat tire, repair a broken chain and make adjustments to brakes and gears. Also learn biking preparedness and rules of the road.

Wednesday, May 20; 10 a.m.-noon

The Bike Shop; 2570 Wigwam Pkwy. (at Pecos)

EMOTIONAL EATING

Identify personal triggers and practice new skills to stop emotional eating. Taught by Dr. Lindsay Riccardi, clinical psychologist.

Tuesday, June 23; 6-7 p.m.

WEST

LIFESTEPS WEIGHT LOSS PROGRAM

Lose weight through behavioral change, self-monitoring, goal setting, social support and relapse prevention. 13-week program.

Wednesdays - June 24 - Sept. 16; 8:30-10 a.m.

HEND: \$100 (includes materials)

CARDIAC NUTRITION

Learn how to eat for your heart's health.

Thursday, June 25; 10:30 a.m.-noon

HEND

Thursday, July 23; 10:30 a.m.-noon

WEST



SCREENINGS

CALL 616-4900 FOR SCREENING APPOINTMENTS.

HOW HIGH IS YOUR CO?

Smoke? Don't smoke? Either way, get a free carbon monoxide screening to measure the concentration of CO on your breath.

Wednesday, June 10; 1-3 p.m.

HEND: Free

Tuesday, July 21; noon-2 p.m.

WEST: Free

METABOLIC SCREENINGS

Find out how many calories you need for basic body functioning. No caffeine, exercise or food four hours prior to appointment. Call 616-4900 for dates and appt.

HEALTH SCREENINGS

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Glucose \$5, PSA \$10, Thyroid panel (TSH, T3 & T4) \$15, A1C (diabetes) \$10. A 12-hour fast is required.

Wednesday, June 17; 7-10 a.m.

HEND: Fees listed above

Wednesday, July 22; 7-10 a.m.

WEST: Fees listed above

DO YOU SEE WHAT I SEE?

Join The Shepherd Eye Center for a free eye screening. Check your current prescription; learn about glaucoma and other eye ailments.

Thursday, June 18; 10 a.m.-noon

HEND: Free

Thursday, July 23; 10 a.m.-noon

WEST: Free

PERIPHERAL VASCULAR DISEASE SCREENING

St. Rose Radiology Department will screen you for PVD.

Thursday, July 16; 8 a.m.-noon

HEND: Rehab Suite 140; Free

R.E.D. ROSE

Uninsured or underinsured? 49 or younger? You may qualify for a screening or diagnostic mammogram. Need support while going through breast cancer treatment? Call R.E.D. Rose at 616-7525.

St. habla español - 616-4824.



INTEGRATIVE MEDICINE

REFLEXOLOGY FOOT MASSAGE

Schedule 30 or 60 minutes with Sarah Wagner. Call 616-4900 for appt.

Mondays - May 4 & 18, June 15, July 13; 9:30 a.m.-noon

Fridays - May 15 & 29, June 12 & 26, July 10 & 24;

3:30-4:45 p.m.

HEND: \$30 for 30 mins.; \$60 for 60 mins.

Tuesdays - May 12, June 2 & 23, July 7 & 21; 3:30-4:45 p.m.

Thursdays - May 7, June 18, July 2 & 16; 9 a.m.-11:15 a.m.

WEST: \$30 for 30 mins.; \$60 for 60 mins.

CRANIOSACRAL MASSAGE THERAPY

Relieve migraines, sciatica and fibromyalgia pain and encourage natural healing. Schedule 30-minute session with Marcie Malloy, LMT.

Saturdays - May 9, June 6, July 11; 10 a.m.-2 p.m.

HEND: \$30 Cash or check only. Call 616-4900 for appt.

Tuesdays - May 12, June 16; July 14; 10 a.m.-2 p.m.

WEST: \$30 Cash or check only. Call 616-4900 for appt.

HERBS FOR DETOX AND WEIGHT LOSS

Learn how to cut food cravings using herbs with Nicole Carter.

Saturday, June 13; 10 a.m.-noon

SAN: \$35 (includes take-home herbs and samples)

LAY DOWN AND LOSE WEIGHT WITH HYPNOSIS

Bring your own pillow.

Tuesday, July 7; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, June 3; 6-8 p.m.

WEST: \$25 (includes CD)

PAIN MANAGEMENT WITH HYPNOSIS

Wednesday, June 24; 6-8 p.m.

WEST: \$25 (includes CD)

HYPNOSIS SESSIONS

\$75/hour; \$125/two hours; call 274-6670 with Christine Essex, CHT.

FREEDOM FROM SMOKING

Seven-week American Lung Association smoking cessation program in a supportive setting.

Tuesdays - June 2, 9, 16, 23, 30, July 7, 14 & Thursday,

July 23; 10-11:30 a.m.

RDL

Thursdays - July 16, 23, 30, Aug. 6, 13, 20, 27 & Tuesday,

Sept. 1; 10-11:30 a.m.

SAN

RELAX AND STOP SMOKING WITH HYPNOSIS

Wear comfortable clothes.

Wednesday, May 20; 6:30-8:30 p.m.

WEST: \$25 (includes CD)

Friday, June 19; 6-8 p.m.

HEND: \$25 (includes CD)

NEVADA TOBACCO USERS HELPLINE

1-800-QUIT-NOW (1-800-784-8669)

Ready to quit smoking? A trained counselor will work with you to develop an individualized plan based on your life and level of addiction.



HEALTH CONDITIONS

LOOSENING A STIFF SHOULDER

Learn the non-operative treatment for painful, stiff and frozen shoulders with Dr. Ryan Grabow, Hand to Shoulder Specialist.

Thursday, July 23; 6-7:30 p.m.

HEND



Women's Spirit Celebration and Family Health Fair

Saturday, May 30, 2009, 8 a.m. - noon

5K run (for women only) and health fair, Montelago Village, Lake Las Vegas

For more information, visit www.lakelasvegasevents.com

HAND ARTHRITIS, MAKING YOUR PAIN GO AWAY

Join Dr. Ryan Grabow for the latest non-surgical and minimally invasive treatments for arthritis of the thumb, fingers and wrist.
Thursday, June 25; 6-7:30 p.m.
HEND

GET THE FACTS ABOUT COLON CANCER

Join Dr. Rajat Sood for a lecture on the prevention and treatment of colon cancer. Free Fecal Occult Blood Test Kit.
Tuesday, June 23; 6-7:30 p.m.
MAC

D.A.T.E. (DIABETES AWARENESS TREATMENT & EDUCATION)

A comprehensive diabetes class accredited by the American Diabetes Association. Call 616-6545 for pricing and registration.
Tuesday & Wednesday - May 26 & 27, June 23 & 24, July 28 & 29; 5:30-9:30 p.m.
Thursday & Friday - May 14 & 15, June 11 & 12, July 9 & 10; 9 a.m.-1 p.m.
Home Health bldg, 1125 American Pacific Dr., Ste. G

STROKE SUPPORT GROUP

3rd Tuesday - May 19, June 16, July 21; 4-5 p.m.
HEND

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, mini gastric bypass, with Dr. Robert Rutledge.
Tuesday - May 26, June 30 or July 21; 6-7:30 p.m.
RAN

STRIKING OUT AGAINST STROKE

Thursday, May 28; 10-11 a.m.
WEST

HIP, HOP, POP!

Learn from Dr. Michael Han about hip pain including arthritis, tendonitis and bursitis, and the latest techniques in hip replacement surgery.
Thursday, May 28; 3-4 p.m.
HEND

REAL ISSUES; REAL RESULTS: DR. ROGER ELMER, D.C.

Thursday, June 11; 6-7:30 p.m. - Real Solutions to Fibromyalgia
Thursday, July 30; 6-7:30 p.m. - Healthy Attitudes, Healthy Lives
HEND

LIVING HEALTHY WITH CHRONIC DISEASE

Learn to cope and control health conditions (arthritis, asthma, diabetes, back problems, etc.) through the six-week Stanford Chronic Disease Self Management Program.
Mondays - June 22 - July 27; 10 a.m.-12:30 p.m.
HEND

DASH AWAY FROM HYPERTENSION

Monday, June 29; 6-8 p.m.
HEND

LOWER CHOLESTEROL WITH TLC (THERAPEUTIC LIFESTYLE CHANGES)

Wednesday, July 29; 5:30-8:30 p.m.
HEND

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our ACS center for wigs, hats, turbans, and support. Call 616-4900 for appt.
HEND; WEST

BREAST CANCER PROSTHESIS & BRA FITTINGS

Uninsured? Receive a free fitted bra and prosthesis provided by a grant from the Susan G. Komen for the Cure, Southern Nevada Affiliate. Call 568-9595.



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for the nonhealth care provider.
Wednesday, May 6; 5-9 p.m.
Saturday, June 13; 10 a.m.-2 p.m.
Wednesday, July 1; 5-9 p.m.
Thursday, July 23; 5-9 p.m.
HEND: S30 (includes AHA cert. card)
Saturday, May 30; 10 a.m.-2 p.m.
Friday, June 26; 1-5 p.m.
Tuesday, July 14; noon-4 p.m.
Saturday, July 25; 10 a.m.-2 p.m.
WEST: S30 (includes AHA cert. card)

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for all health care providers. Initial Certification.
Monday, May 18; 5-9 p.m.
Friday, June 19; 5-9 p.m.
Monday, July 20; 5-9 p.m.
HEND: S50 (includes AHA cert. card)
Friday, May 8; 1-5 p.m.
Saturday, June 13; 1-5 p.m.
Thursday, July 30; 10 a.m.-2 p.m.
WEST: S50 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA and other job requirements for schools and daycares for a 2-year certification. Call 616-4914 for group on-site training fees and scheduling.

AARP DRIVER SAFETY PROGRAM

Over 50? Reduce your car insurance rates with this safe driving program.
Monday - May 11, June 8 or July 13; 9 a.m.-5 p.m.
HEND: \$12 for AARP members; \$14 for nonmembers (check only)
Saturday - June 13 or July 18; 9 a.m.-5 p.m.
SAN: \$12 for AARP members; \$14 for non members (check only)

SAFE SITTER

Youth ages 11-16 learn safe, nurturing childcare techniques and medical emergency techniques.
Monday - June 15 or July 20; 8:30 a.m.-4:30 p.m.
HEND: S30 (includes lunch)

SEXUAL ASSAULT PREVENTION

Learn how not to become a target for sexual assault with basic self-protection moves from Officer Michael Metzger, Henderson Police.
Saturday, June 27; 10 a.m.-2 p.m.
RAN
Join Sgt. Misty Pence from Las Vegas Metro Police Department to learn to identify offenders and protect yourself. Parents and teens encouraged.
Saturday, June 20; 10 a.m.-noon
SAN

FALL PREVENTION WORKSHOP FOR SENIORS

Learn to avoid falls and improve balance through this seven-week program. Exercise, refreshments, giveaways and camaraderie. Call 616-4900 for the next class.
Thursdays - May 21-July 2; 2-4 p.m.
HEND

GET A LIFELINE

Lifeline personal emergency response systems provide immediate help in the event of a fall or emergency. Enables the frail and elderly to live independently. Call 614-5877 (monthly fee).

RED CROSS PROGRAMS

Pet First Aid, First Aid, Child CPR
Log on to www.redcrosslasvegas.org or call 791-3311.

¿SÍ? PROGRAMAS EN ESPAÑOL

PARA MÁS INFORMACIÓN, POR FAVOR LLAME A 564-0896.

¿NECESITA A UNA DOCTOR QUE HABLE ESPAÑOL? (Do you need a doctor who speaks Spanish?) Llame al 616-4999.

PARTICIPE EN EL CLUB "MI MAMI Y YO"

(Participate in Mommy and Baby Club)
Comparta experiencias con otras mamis. Hágase amistades. Disfrute de un café y de pan. Cada primer miércoles del mes.

CHEQUEO/INSTALACIÓN DE ASIENTOS DE SEGURIDAD INFANTIL GRATIS

(Car Seat Installation)
La ley especifica que usted tiene que colocar a un bebe o a un niño en el automóvil en un asiento para niños hasta la edad de 6 años y 60 libras (27 libras). Para un chequeo o instalación de un asiento de seguridad infantil llámenos.
Costo: Gratis



SUPPORT GROUPS

SAN - San Martín Campus, Las Vegas

WEST - WomensCare Center, Las Vegas

MAC - Siena Campus - MacDonald Room, Henderson

SGR - Siena Campus - Garden Room, Henderson

RDL - Rose de Lima Campus, Henderson

RAN - Rose de Lima Campus - Annex, Henderson

HEND - WomensCare Center, Henderson

FTF - Family to Family Connection, Henderson

COND - Siena Campus, Conference Room D

AA for Women - Mondays, 7:30 p.m. & Wednesdays, noon **HEND**

AA for Women - Mondays, noon **WEST**

AA Co-ed - Saturdays, 6 p.m. & Sundays, 6 p.m. **RAN**
Sundays, Mondays, Fridays, 7 p.m. **SAN**

Al-Anon Support Group - Thursdays, 7 p.m. **SAN**

ALS Support Group - Last Wednesday, noon **HEND**

Alzheimer's Support Group - 4th Tuesday, 4:30 p.m. **HEND**

Autism Support Group - 3rd Thursday, 6 p.m. **RAN**

Bereavement Support Group - 2nd & 4th Wednesdays, 6 p.m. **HEND**

Breast Cancer Support - 2nd & 4th Mondays, 6 p.m. **HEND**

CCFA (Crohn's and Colitis Foundation of America) - 3rd Sunday, 2 p.m. **RAN**

Co-dependency (CODA) - Thursdays, noon **HEND**

Daughters Without Mothers - 1st Thursday, 6:30 p.m. **HEND**

DBSA Depression & Bipolar Support Alliance - 2nd & 4th Tuesdays, 6:30 p.m. **HEND**

Diabetes Support - 1st Wednesday, 10 a.m. **HEND**

Eating Disorders Recovery Support - 1st Saturday, 9:15 a.m. **SGR**

Fibromyalgia Friends - 3rd Thursday, 6:30 p.m. **HEND**

Gamblers Anonymous - Tuesdays, 6:30 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**

ICAN: C-Section Support - 1st Thursday, 11:30 a.m. **WEST**

Infertility Support Group - 2nd Monday, 6 p.m. **SAN**

Leukemia & Lymphoma - 2nd Thursday, 6:30 p.m. **HEND**

Menopause Support - 3rd Thursday, 6 p.m. **HEND**

Multiple Sclerosis Support Group - 3rd Wednesday, 7 p.m.; 1st Saturday, 11 a.m. **HEND**

Narcotics Anonymous - Wednesdays, 5:30 p.m.

COND, Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**

Pregnancy Loss Support Group - 4th Tuesday, 7 p.m. **SGR**

Stroke Support - 3rd Tuesday, 4 p.m. **HEND**

Surviving Suicide Bereavement Support Group for Adults - 1st & 3rd Tuesdays, 6:30 p.m. **HEND**

Senior Peer Counseling - Call 616-4902. **HEND**, **WEST**, **RDL**

Transitions - 1st Tuesday, 2 p.m. **HEND**

Widow Support - 1st & 3rd Wednesdays, 2 p.m. **HEND**

SUICIDE HOTLINE - 1-800-273-8255



BREASTFEEDING



BREASTFEEDING HELPLINE 616-4908

Certified Lactation Consultants or Counselors can address your breastfeeding questions and concerns.

CONSULTATIONS

Call 616-4908 for a private appointment with a Board Certified Lactation Consultant or Certified Lactation Counselor. **HEND**; **WEST**: S50 for St Rose Dominican Hospitals patients. S60 for all other clients

BABY WEIGH STATIONS

Free weight checks. No appointment necessary. **HEND**; **WEST**; **FTF**

BREASTFEEDING BOUTIQUE NURSING BRA FITTINGS AND SALES

Nursing bras by Medela, Bravado and Fancee Free fit for comfort and function. Extended sizes 36F-46H available. **HEND**; **WEST**

BREASTPUMP RENTAL & SALES

Rent or buy based on your needs and budget. We rent the Medela Lactina and Symphony and carry a full line of Medela breast pumps for purchase. **HEND**; **WEST**

NEW MOMMY MIXER

Mondays - 11 a.m.-noon

FTF

Wednesdays - 11 a.m.-noon

WEST

Fridays - 11 a.m.-noon

HEND

FINANCIAL LITERACY FOR WOMEN SERIES

Join the pro bono division of the Financial Planning Association of Nevada in a six-week series to learn how to take charge of your future financial success!

Thursdays - May 21 - June 25; 4-6 p.m.

HEND: Free

LA LECHE LEAGUE

4th Thursday - May 28, June 25, July 23; 10-11 a.m.

FTF

2nd Thursday - May 14, June 11, July 9; 10-11:30 a.m.

WEST



PREGNANCY & CHILDBIRTH

LAMAZE CLASS

Learn relaxation and conditioning techniques that enable couples to work as a team to minimize medical intervention. Take in addition to the childbirth class series.

Tuesdays - May 5, 12, 19, 26; 7-9 p.m.

Tuesdays - June 2, 9, 16, 23; 7-9 p.m.

FTF: \$100 (includes The Official Lamaze Guide)

HYPNOBIRTHING™

Learn natural childbirth methods and hypnosis techniques to bring about a safe, more comfortable birth.

Wednesdays - May 6, 13, 20, 27; 6-9 p.m.

Wednesdays - July 8, 15, 22, 29; 6-9 p.m.

WEST: \$125 (includes book and CDs)

Tuesdays - June 2, 9, 16, 23; 6-9 p.m.

RAN: \$125 (includes book and CDs)

PRENATAL YOGA

Bond with your baby and trust the birthing process; Cindy Lydon, certified whole birth prenatal yoga instructor.

Saturdays, 12:30-1:30 p.m.

HEND: \$3 per class or eight sessions for \$20

Mondays, 5:15-6:15 p.m.

WEST: \$3 per class or eight sessions for \$20

NATURAL FAMILY PLANNING

Learn natural ways to achieve or avoid pregnancy; Mickey Bachman, RN and certified fertility care specialist.

Tuesday, June 16; 7-9 p.m.

WEST

Tuesday, July 28; 7-9 p.m.

RAN



INFANTS, CHILDREN & PARENTING

CALL 568-9601 FOR FTF PROGRAMS

CALL 616-4900 FOR HEND & WEST PROGRAMS

CAR SEAT SAFETY CHECKS

Call 616-4901 or 568-9601 for appt.

HEND; WEST; FTF: \$10 per family

EXPLORE AND LEARN WITH NEIS

Join Nevada Early Intervention Services for developmental activities and play designed for children ages 12 to 36 months with and without disabilities.

Fridays - 9:30 & 11:15 a.m.

FTF

Family Education

Call 568-9601 to enroll in Family to Family Classes

MOMMY & BABY YOGA

Moms and babies ages 6 weeks to 1 year.

Saturdays - 1:45-2:45 p.m.

HEND: \$3 per class or eight sessions for \$20

Fridays - 11:30 a.m.-12:30 p.m.

WEST: \$3 per class or eight sessions for \$20

TODDLER PLAY GROUP

Toddlers 3 and under join Family to Family Las Vegas West for music and movement.

Tuesdays - 10-11 a.m.

WEST

BABIES IN THE BACKYARD!

Ages birth-12 months.

Tuesday, May 19; 10-11 a.m.

FTF

FINGERPAINTS & FINGERPLAYS!

Ages 12-48 months

Friday, May 8; 2-3 p.m.

FTF

HAPPIEST BABY ON THE BLOCK

Learn the award-winning techniques for soothing fussy newborns. Parent kits available for check out or purchase.

Ages prenatal-3 months

Wednesday, May 13; 2-3 p.m.

FTF

HANDY DANDY DADDY

Join Tiny Impressions and make a hand or footprint keepsake for Father's Day.

Wednesday, May 13; noon-2 p.m.

WEST: Plates start at \$30 and up.

WE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth-2 years) learn ASL sign language.

Fridays - June 5, 12, 19, 26; 1:30-2:30 p.m.

HEND: \$99 (includes Sign With Your Baby kit)

Saturdays - May 16, 23, 30, June 6; 10:30-11:30 a.m.

Saturdays - July 11, 18, 25, Aug. 1; 10:30-11:30 a.m.

WEST: \$99 (includes Sign With Your Baby kit)

SING AND SIGN: BABY SIGN LANGUAGE LEVEL II

For parents and baby graduates of Baby Sign Level I (up to 3 years old).

Wednesdays - July 8, 15, 29 & Aug. 5; 10:30-11:30 a.m.

HEND: \$82 (includes Pick Me Up kit)

Saturdays - May 16, 23, 30, June 6; noon-1 p.m.

Saturdays - July 11, 18, 25, Aug. 1; noon-1 p.m.

WEST: \$82 (includes Pick Me Up kit)

MAKE THE MOST OUT OF DOCTOR VISITS!

Birth-48 months

Monday, May 25; 2-3 p.m.

FTF

MAKING MUSIC: FOR INFANTS AND TODDLERS

Join City Lights Music Together for songs, instrument play and movement.

Friday, May 29; 11-11:45 a.m.

HEND

Wednesday, June 17; 11-11:45 a.m.

WEST

INFANT PICASSO/TODDLER PICASSO

Ages birth-12 months and 12-48 months

Tuesday, June 2; 10-11 a.m. (infants); 2-3 p.m. (toddlers)

FTF

ABRAKADOODLE™ ART FOR TWOOSIES

Little ones learn self-expression, fine motor and language skills through a variety of artistic mediums. Ages 20-36 months

Fridays - June 5, 12, 19, 26; 3:40-4:30 p.m. (Session 1)

Fridays - July 3, 10, 17, 24; 3:40-4:30 p.m. (Session 2)

WEST: \$56 per session plus \$12 supply fee at first class

DANCING WITH MISS JENNY™

Move to improve gross motor, fine motor and cognitive skills.

Wednesday - June 10 or July 8; 11-11:30 a.m.

WEST: \$10 per class/per child

LOVE & LOGIC- EARLY CHILDHOOD MADE FUN!

Learn practical skills for parenting young children. Five weekly sessions. Adults only.

Wednesdays - June 17, 24, July 1, 8, 15; 4-6 p.m.

FTF: \$25

TODDLERS AND T.V.

Discuss the pros and cons of children's television. Birth-48 months.

Tuesday, June 23; 10-11 a.m.

FTF

BABIES AND BOOKS!

Learn fun tips on and important facts about reading to babies.

Birth-12 months

Tuesday, June 30; 10-11 a.m.

FTF

TODDLER SUMMER SMOOTHIES

Ages 12-28 months

Wednesday, July 1; 10-11 a.m.

FTF

BON APPETITE!

Join us in making tasty baby food that just happens to be healthy.

Birth-12 months

Tuesday, July 7; 10-11 a.m.

FTF

CRAWLERS AND CLIMBER CLUB!

Ages 9-24 months

Friday, July 10; 10-11 a.m.

FTF

STRANGER DANGER

Join Miss Tawanda for helpful tips regarding stranger danger with your toddler. Identity kits available. 12 to 48 months

Friday, July 10; 2-3 p.m.

HEND

KICKIN' IT WITH BABY (TEEN PARENT EIGHT-WEEK SESSION)

Teen mamas and mamas-to-be join us for dinner, sharing and education. Earn Baby Bucks to shop in the Baby Boutique.

Call 568-9601 for dates and times.

FTF

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$75

(includes Labor of Love Kit) - HEND & WEST

Lamaze - \$100

Hypnobirth - \$125

Bed Rest Learning DVD Module - \$50

Teen Prepared Childbirth Class - Free

Refresher Childbirth - \$30

Baby Basics - \$30 - HEND & WEST

Grandparents Baby Basics - \$30 - HEND

Breastfeeding - \$30 - HEND & WEST

Infant CPR - \$20 - HEND & WEST

New Fathers Lecture (NFL) - \$20 (includes car seat safety check)

Prenatal Yoga - \$3 per session

Mommy & Baby Yoga - \$3 per session

Sibling Class - \$20/family

Bellies and Buddies (Pregnant Mom Club) - Free - 2nd Tuesday, 6 p.m.

Pregnancy Smoking Cessation - Call the Nevada Tobacco Users' Helpline, 877-0684

Siena Campus Maternity Tour - 3rd

Saturday afternoon or Monday evening

Rose de Lima Campus Maternity Tour - 3rd

Saturday morning

San Martín Campus Maternity Tour - 3rd

Saturday

Call 616-4901 to register for the tours.

ONLINE REGISTRATION AVAILABLE FOR FAMILY EDUCATION CLASSES. LOG ON TO: STROSEHOSPITALS.ORG