

february · march · april

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

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location abbreviations

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

health & wellness

Sun, Moon & Stars – You Can Have It All!

Creating an inspired life by exploring all aspects of good living!
Saturday, Feb. 13, 9 a.m.-noon - Love Potion # 9
Saturday, March 13, 9 a.m.-noon - Accessorize, Accessorize!
Saturday, April 10, 9 a.m.-noon - New Beginnings
SAN: \$30 per session

Senior Peer Counseling

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

Transitions

Over 50? Get help navigating life changes related to retirement, marital status, family issues and health concerns.
1st Tuesday – Feb. 2, March 2, April 6; 11 a.m.
HEND

Healing With Rhythm Drum Circle

Bring a healthy food item to share.
Fridays – Feb. 5, March 5, April 2; 6:30-8:30 p.m.
HEND

Laughter Club

Join Linda Gardner, certified laughter leader, to laugh your way to good hearted living.
2nd Wednesday – Feb. 10, March 10, April 14; 6:30-8 p.m.
SAN

Knit To Heal

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!
2nd Thursdays – Feb. 11, March 11, April 8; 10:30 a.m.-noon
Learn to knit or crochet.
HEND
Thursdays – Feb. 11 & 25, March 11 & 25, April 8 & 22; 1-3 p.m.
WEST

Labyrinth Spring Equinox

Celebrate the balance of light and dark during the Spring Equinox in a walking meditation.
Friday, March 19; 6-8 p.m.
SAN – Labyrinth (next to ER). Enjoy the Labyrinth anytime! Open 24 hours/7 days a week.

Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.
2nd Tuesday – Feb. 9, March 9, April 13; 6:30-8:30 p.m.
WEST

Relaxation Meditation

Practice techniques that promote peace and good health.
Mondays, Feb. 15 & April 19; 6-7 p.m.
Thursday, March 11; 6-7 p.m.
HEND
Friday, Feb. 19; 9-10 a.m.
Tuesday, March 23; 5-6 p.m.
WEST

Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.
Thursday, Feb. 11; 1:30-3:30 p.m. – Heal your soul and your body will follow
Thursday, March 11; 1:30-3:30 p.m. – Practical ways to inner peace
Thursday, April 8; 1:30-3:30 p.m. – How to light a candle: To light up your life
HEND
Tuesday, Feb. 23; 1:30-3:30 p.m. – Heal your soul and your body will follow
Tuesday, March 23; 1:30-3:30 p.m. – Practical ways to inner peace
WEST

Positive Self Talk

What you say to yourself counts! Join Christine Essex to learn that your words have power. How are you using them? Explore ways to turn negative self talk into positive results.
Thursday, Feb. 25; 6-7:30 p.m.
HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.
3rd Thursday – Feb. 18, March 18, April 15; 2:30-3:30 p.m.
HEND

Medicare ABCD's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.
Tuesdays – Feb. 9, March 9 or April 13; 9-10 a.m.
HEND



WinterCalendar

of classes and upcoming events

Girl Talk

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

Thursday, April 22; 6:30-7:30 p.m.

HEND

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

Bollywood

Enjoy the lively dance moves of India and other countries mixed with energetic jazz steps. It's the East & West joining together to burn calories, stretch, strengthen and flex.

Wednesdays – 6-7 p.m. with Dorothy

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

The Showgirl Workout

Full body workout.

Tuesdays, Wednesdays, Thursdays – 10-11 a.m. with Jeannine

HEND: \$8 per session or 5 sessions for \$30

Beginner Pilates

Mondays & Wednesdays – 11:15 a.m.-noon with Janice

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

Zumba Latin Fitness

Fridays – 9-10 a.m. with Diane

Saturdays – 9-10 a.m. with Linda

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

Mondays & Thursdays – 6:15-7:15 p.m. with Lucy

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

Beginner Yoga

Saturdays – 11:30 a.m.-12:30 p.m. with Dorothy.

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

Belly Dancing

3rd Saturday – Feb. 20, March 20, April 17; 10-11:30 a.m. with Linda

HEND: \$5

2nd Saturday – Feb. 13, March 13, April 10; 10:30 a.m.-noon with Goldie

WEST: \$5

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-10 a.m.

Call 616-4900 for meeting location: Free

Gentle Yoga

Wednesdays – 9-10 a.m. with Jeannine

HEND: FREE Feb.-April!

Mondays & Wednesdays – 9-10 a.m. with Sharon

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

Healing Yoga

Mondays – 5-6 p.m. with Don

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

Mondays – 5-6 p.m. with Jen

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

Mixed-Level Yoga

Fridays – 10-11:15 a.m. with Jen

Saturdays – 9-10 a.m. with Dorothy

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

Tuesdays – 6-7 p.m. with Don

WEST: Free Feb.-April

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.

HEND: \$5 per session

Tai Chi

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

New Beginner & Beginner: Wednesdays – 1:30-2:30 p.m.

Intermediate: Wednesdays – 2:30-3:30 p.m.

Fan Class: Tuesdays – 1:30-2:30 p.m.

Advanced: Tuesdays – 2:30-3:30 p.m.

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

Mixed: Thursdays – 10-11 a.m.

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

Dragon Boat Beginner Workshop

Get in shape and in synch with 20 other people to paddle a 40-foot boat for fitness and to support the R.E.D. Rose breast cancer program. New paddlers only. Call 616-4900 to register.

Saturdays – Feb. 20 or March 27; 10:30 a.m.-noon

Thursday, April 29; 5:30-7 p.m.

Lake Las Vegas Marina: \$10 per person

Wednesday open paddle – Starting April 7; 6-7 p.m.

\$5 log on to strosehospitals.org/classes or call 616-4910

nutrition

Nutrition Consultation

Meet one-on-one with a Registered Dietitian for: carbohydrate counting, weight goals, metabolic testing, meal planning, diabetes type 1, 2 and gestational, renal disease, heart disease, hyperlipidemia, hypertension, nutritional guidelines. All insurances welcome and cash discounts available. Call 616-6545 for an appointment and pricing.

Weight Watchers®

Is your weight affecting your health?

Tuesdays – March 23 (free Open House) through June 1; 5-6 p.m.

SAN: 10 weeks \$120

Wednesdays – March 31 (free Open House) through July 7; 9-10 a.m.

HEND: 10 weeks \$120

Wednesdays – Jan. 27 (free Open House) through April 7; 6:30-7:30 p.m.

MAC: 10 weeks \$120

Tuesdays – March 30 (free Open House) through June 8; noon-1 p.m.

RDL: 10 weeks \$120

Cardiac Nutrition

Learn how to eat for your heart's health.

Thursday, March 4; 10:30 a.m.-noon

HEND

Friday, March 26; 10:30 a.m.-noon

WEST

Fire Up Your Metabolism

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

Wednesday, March 17; 6-7:30 p.m.

WEST

Veggie Soup For The Soul

Learn about vegetarianism: cooking, lifestyles and nutritional considerations.

Monday, March 22; 6-7 p.m. – It's Easy Being Green

HEND

NATIONAL NUTRITION MONTH: FOODS THAT HEAL 2

More foods that heal! Almost all foods have a medicinal quality. Come learn the benefits in Part 2 of Nicole Carter, Master Herbalist and Holistic Health Educator's, program.

Friday, March 19; 11 a.m.-12:30 p.m.

SAN: Free (lunch included) Call 616-4910 to register.



THE PROS OF PROBIOTICS

Have you had your probiotics today? What are probiotics and how do they help the body? The latest information from Nichole Gardner, MS, ND

Thursday, March 11; 11 a.m.-noon

MAC: Free (lunch included) Call 616-4910 to register.

february • march • april

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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 in the breath.

Thursday, March 25; 1-3 p.m.

HEND: Free

Tuesday, March 9; 1-3 p.m.

WEST: Free

Memory Screening

Join Senior Guidance for an assessment to help determine if your memory/memory loss is normal for your age.

Tuesday, March 16; 10 a.m.-2 p.m.

HEND

Health Screenings

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

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

HEND: Listed above

Wednesday, April 21; 7-10 a.m.

WEST: 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, March 18; 10 a.m.-noon

HEND: Free

Thursday, March 4; 10 a.m.-noon

WEST: Free

Peripheral Vascular Disease Screening

St. Rose Radiology Department will screen you for PVD.

Thursday, March 18; 8 a.m.-noon

HEND, Rehab Suite 140: Free

R.E.D. Rose

Uninsured or underinsured? 49 or younger? You may qualify for a free mammogram. Call 616-7525. Funded by Susan G. Komen for the Cure and the National Breast Cancer Foundation.

integrative medicine

Reflexology Foot Massage

Schedule 30 or 60 minutes with Sarah Wagner. Call 270-6313 or e-mail sarah@barsoles.us to schedule an appt.

Mondays – Feb. 15, March 8, April 19; 9:30 a.m.-12:30 p.m.

Fridays – Feb. 12 & 26, March 12 & 26, April 9 & 23;

3:30-5:45 p.m.

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

Thursdays – Feb. 4, March 11, April 1; 9:30 a.m.-12:30 p.m.

Tuesdays – Feb. 16, March 16, April 13; 3:30-5:45 p.m.

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

CranioSacral Massage Therapy

Relieve migraines, sciatica and fibromyalgia pain and encourage natural healing. Schedule 30 or 60 minutes with Marcie Malloy, LMT. Call 616-4900 for appt.

Saturdays – Feb. 20, March 27, April 24; 10:30 a.m.-2:30 p.m.

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

Saturdays – Feb. 27, March 20, April 17; 10 a.m.-2 p.m.

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

Healing Touch Intro

Explore bio-energetic healing with a spiritual focus.

Thursday, Feb. 25; 6-7:30 p.m.

WEST

Thursday, March 18; 6-7:30 p.m.

HEND

Lay Down And Lose Weight With Hypnosis

Bring your own pillow.

Wednesdays – March 3 or April 7; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesdays – March 24 or April 21; 6-8 p.m.

WEST: \$25 (includes CD)

Stress Management With Hypnosis

Wednesday, March 10; 6-8 p.m.

WEST: \$25 (includes CD)

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

1st Thursdays – Feb. 4, March 4, April 1; 1:30-3 p.m. with

Freddie

HEND

1st Tuesdays – Feb. 2, March 2, April 6; 7:15-8:15 p.m.

WEST

smoking cessation

Freedom From Smoking

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

Wednesdays – April 14, 21, 28, May 5, 12, 19, 26 & Friday,

May 7; 10:30 a.m.-noon

RDL

Tuesdays – April 27, May 4, 11, 18, 25, June 1, 8 & Thursday,

May 20; 5:30-7 p.m.

SAN

Relax And Stop Smoking With Hypnosis

Wear comfortable clothes.

Thursday, March 25; 6-8 p.m.

HEND: \$25 (includes CD)

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

WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

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

When you are ready to quit smoking, a trained and experienced professional counselor will work with you to develop an individualized plan based on your level of addiction and other factors.

health conditions

D.A.T.E.

(Diabetes Awareness Treatment & Education)

A comprehensive diabetes class accredited by the American Diabetes Association. All insurances welcome and cash discounts available. Call 616-6545 for pricing and registration.

Thursday & Friday – Feb. 11 & 12, March 4 & 5, April 8 & 9; 9

a.m.-1 p.m.

Tuesday & Wednesday – Feb. 23 & 24, March 30 & 31, April 27 & 28; 5:30-9:30 p.m.

Home Health: 1125 American Pacific Dr., Ste. E

Breast Cancer Updates

Join Dr. Souzan El-Eid for updates and treatments for breast cancer.

Monday, Feb. 15, March 15 & April 19; 6-7:30 p.m.

SAN

The Colors Of Lupus

Education and Support

4th Tuesdays – Feb. 23, March 23, April 27; 6-8 p.m.

HEND

2nd Saturdays – Feb. 13, March 13, April 10; 12:30-2:30 p.m.

WEST

Striking Out Against Stroke

Tuesday, March 16; 9:30-10:30 a.m.

HEND



RACE FOR A CURE

St. Rose and WomensCare Magazine recognize Paula Francis for her 16 years of support of breast cancer education, early diagnosis and treatment through Buddy Check 8, which she says is the best part of her job because it has helped save lives.

Join Paula along with St. Rose and the WomensCare Centers for the Race for the Cure to be held **Saturday, May 1, 2010**. Visit komensouthernnevada.org for event information and registration.

WinterCalendar

of classes and upcoming events

GO GREEN EARTH DAY CELEBRATION

Join St. Rose and the Las Vegas Chamber of Commerce Green Initiative to find out how you can help our community go green!

- Why Green? – Mary Beth Horiai
- What Can We Recycle? – Evergreen Recycling
- The Harms of Plastic Bottles – Cyner Green
- Making Green: Equipment Rebate Program – Southwest Gas
- Grow Your Business Green & Efficient – Ecologic Construction and more!

Thursday, April 22; 10 a.m.-2 p.m.

SAN: FREE (\$4 box lunch is available in the Café). Call 616-4910 for lecture seating.



Dash Away From Hypertension

Tuesday, March 30; 5:30-7:30 p.m.

WEST

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.

Thursdays – April 1 through May 6; 10 a.m.-12:30 p.m.

WEST

Laparoscopic Obesity Surgery

Learn about the latest surgery for weight loss, mini-gastric bypass with Dr. Robert Rutledge.

Tuesday – Feb. 16, March 16 & April 20; 6-7:30 p.m.

RAN

Lower Cholesterol With TLC (therapeutic lifestyle changes)

Thursday, April 13; 9 a.m.-12:30 p.m.

WEST

Cancer Quality Of Life Center

Cancer patients, visit our ACS center for wigs, hats, turbans and support. Call 616-4910 for appt.

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.

Diabetic Updates — Chronic Pain

Join Dr. Tim Tollestrup to learn about innovative surgical solutions for chronic pain issues with emphasis on diabetic neuropathy.

Thursday, March 4; 6-7:30 p.m.

HEND

Hemorrhoids: Separating Fact From Fiction

Join Dr. Roger Hsuing to learn about symptoms, treatment and prevention of this common anorectal disorder.

Tuesday, March 30; 6-7 p.m.

HEND

Tuesday, April 27; 6-7 p.m.

WEST

Migraine Updates

Learn from Dr. Abraham Nagy the latest on migraines: new understandings, new therapies.

Wednesday, March 24; 6-7 p.m.

HEND

Wednesday, April 14; 6-7 p.m.

WEST

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.

Saturday, Feb. 13; 10:30 a.m.-2:30 p.m.

Saturday, March 27; 10:30 a.m.-2:30 p.m.

Thursday, April 8; 5-9 p.m.

HEND: \$30 (includes AHA cert. card)

Tuesday, Feb. 23; 5-9 p.m.

Saturday, March 20; 10 a.m.-2 p.m.

Thursday, April 29; 5-9 p.m.

WEST: \$30 (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.

Thursday, Feb. 18; 5-9 p.m.

Tuesday, March 30; 5-9 p.m.

Friday, April 16; 1-5 p.m.

HEND: \$50 (includes AHA cert. card)

Saturday, Feb. 6; 10 a.m.-2 p.m.

Saturday, March 6; 10 a.m.-2 p.m.

Tuesday, April 6; 5-9 p.m.

WEST: \$50 (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 – Feb. 8, March 8 or April 12; 9 a.m.-1 p.m.

Friday – Feb. 19, March 19, or April 23; 2-6 p.m.

HEND: \$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.

Mondays – Feb. 15 or April 5; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Sexual Assault Prevention

Learn "how not to" become a target for sexual assault and basic self-protection moves from Officer Michael Metzger, Henderson Police.

Saturday, April 17; 10 a.m.-2 p.m.

RAN

Join Sgt. Misty Pence from Las Vegas Metro Police Dept. to learn to identify offenders and protect yourself from danger. Parents and teens encouraged to attend.

Saturday, March 20; 10 a.m.-noon

SAN

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).

programas en español

Para más información por favor llame a 564-0896

¿Necesita a una doctor que hable español?

Llame al 616-4999

Chequeo/Instalación de Asientos de Seguridad Infantil GRATIS

La ley específica 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: Donación de \$10 por familia

Actividades con tus Niños

Acompáñenos los jueves de 10:00 a 11:00 de la mañana a disfrutar de una hora llena de arte y juegos con sus niños menores de 4 años. La señora rony de Conexión de Familia a Familia y St. Rose Dominican Hospitals, les invitan a aprender temas de salud, educación y mucho más para beneficio de sus familias.

Llame al 564-0896 para más información

Cree su propia obra de arte y llévesela a su casa. Eternprise Library. Conference Room, 25 E. Shelbourne Avenue, Las Vegas, NV 89123.

Nevada Check Up

Los padres pueden reunirse con un representante en relación con la cualificación para el programa Nevada Check Up. # martes de cada mes. Llame al 564-0896 para más información.

february • march • april

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

support groups

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

AA for Women – Mondays, 7:30 p.m. & Wednesdays,
Noon **HEND** Mondays, Noon **WEST**
AA co-ed – Saturdays, 6 p.m. & Sundays, 6 p.m. **RAN**;
Thursdays, 7 p.m. **SGR**; 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**
Bereavement Support Group – 2nd & 4th Wednesdays,
6 p.m. **HEND**
Breast Cancer Support – 2nd & 4th Mondays, 6 p.m. **HEND**
Caregiver Support Group – 2nd Tuesday, 1:30 p.m. **HH**
CCFA – 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. **HH**
Eating Disorders Recovery Support – 1st Saturday,
9:15 a.m. **SGR**
Food Addicts Anonymous – Every Monday, 7 p.m. **SAN**
Fibromyalgia Friends – 3rd Thursday, 6:30 p.m. **HEND**
Gamblers Anonymous – Tuesdays, 6 p.m.; Fridays, 7 p.m.;
Saturdays, 6 p.m. **COND**
Henderson Mothers of Multiples – 3rd Thursdays,
7 p.m. **MAC**
Infertility Support Group – 2nd Monday, 6 p.m. **SAN**
Leukemia & Lymphoma – 2nd Thursday, 6:30 p.m. **HEND**
Multiple Sclerosis Support Group – 3rd Wednesday,
7 p.m. **HEND**
Narcotics Anonymous – Wednesdays, 5:30 p.m. **COND**,
Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**
Nicotine Anonymous – Saturdays, 2:30 p.m. **HEND**
Pregnancy Loss Support Group – 4th Tuesday, 7 p.m. **SGR**
**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, 11 a.m. **HEND**
New Widows Support – 1st & 3rd Wednesdays, 1 p.m. **HEND**
Widows Social Support – 1st & 3rd Wednesdays, 2 p.m. **HEND**

breastfeeding

St. Rose WIC Nutrition Program

Healthy food, nutrition consultation, breastfeeding consults and pumps
for pregnant women and children up to age 5. Call 616-4905.

Lactation Counselor Certification (CLC)

March 1-5 p.m.; 8 a.m. - 5 p.m.
WEST: \$675, call 508-888-8044

Breastfeeding Helpline 616-4908

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

Breastfeeding Consultation

Call 616-4908 for a private appointment with a Board Certified
Lactation Consultant or Certified Lactation Counselor.
HEND; WEST: \$40 for St Rose Dominican Hospitals patients; \$50 for
all other clients. \$10 for follow-up appointments.

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 breastpumps
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

La Leche League

4th Thursday – Feb. 25, March 25, April 22; 10-11 a.m.
FTF

pregnancy & childbirth

Log on to www.strosehospitals.org for class
dates and more information.

Pregnant And Uninsured?

Call Baby Rose at 568-9074. Pregnancy and childbirth classes are free
for baby rose participants. To sign up for your classes, call 616-4901.

Childbirth Express

Learn the most important information on childbirth education
condensed into 5 hours. Join our childbirth instructor and learn more
about labor, medical procedures and cesarean birth.

Saturday, Feb. 13; 9 a.m.-2 p.m.

\$35 fee includes prepared childbirth book
HH

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays; 1-2 p.m.

SGR

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 8 sessions for \$20

Mondays – 5:15-6:15 p.m.

WEST: \$3 per class or 8 sessions for \$20

Natural Family Planning

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

Tuesday, March 16; 6-8 p.m.

WEST

Tuesday, April 20; 6-8 p.m.

WEST

CLICK AND TELL! WE VALUE YOUR INPUT

St. Rose is partnering with UNLV to conduct a
survey of our community's health care needs.
To participate in a short on-line survey, please
log on to:

[https://www.surveymonkey.com/s/
CommunityHealthSurvey](https://www.surveymonkey.com/s/CommunityHealthSurvey)

All information gathered from this survey will
remain confidential. If you have any questions
about the survey, or trouble accessing the
website, please call (702) 895-1040.

Receive a coupon for a free exercise class or free total cholesterol screening – and be
entered into a drawing for a one-hour foot reflexology session – if you provide your email
address (optional).



Family Education

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.

Fridays – Feb. 12, 26, March 12, 26, April 9, 23; 3-5:30 p.m.
Tuesdays – Feb. 16, March 16, April 13; 5-6:30 p.m.

HEND; FTF \$10 per family

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.

Fridays – 11:30 a.m.-12:30 p.m.

WEST: \$3 per class or 8 sessions for \$20

Toddler Play Group

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

Tuesdays – 3-4 p.m.

WEST

Postpartum Peer Support Group

Mom-to-mom support for those struggling with the transition into parenthood. Babies welcome. Call Megan for more information at 351-0752.

Mondays – 10-11 a.m.

WEST

Busy Moms Network

Can't add more hours to your day? Then add balance and peace of mind by learning how to keep parenting a priority while juggling other responsibilities. Children welcome to attend.

1st & 3rd Saturday – 2-3 p.m.

HEND

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 a.m. & 11 a.m.

FTF

Moving Forward — Teen Parent Chat

Join Miss Tawanda on topics that affect you.

1st Tuesdays – 4-5 p.m.

FTF

Bye Bye Binkie

Learn time tested tips for throwing out the pacifier for good. Ages 12-48 months.

Thursday, Feb. 11; 2-3 p.m.

Wee Can Sign: Baby Sign Language Level I

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

Thursdays – Feb. 18, 25, March 4, 11; 11:30 a.m.-12:30 p.m.

Saturdays – March 6, 13, 20, 27; 12:30-1:30 p.m.

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

Wednesdays – March 17, 24, April 7, 14; 10:30-11:30 a.m.

HEND: \$99 (includes Sign with Your Baby kit). For more information, log on to www.WeecanSign.com

Sing And Sign: Baby Sign Language Level II

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

Saturdays – March 6, 13, 20, 27; 2-3 p.m.

Thursdays – April 8, 15, 22, 29; 11:30 a.m.-12:30 p.m.

WEST: \$78 (includes Pick Me Up kit)

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

HEND: \$78 (includes Pick Me Up kit). For more information, log on to www.WeecanSign.com

Hearts And Hands

Celebrate the month of love with a fun story and craft that you and your toddler will enjoy. Ages 12-48 months.

Wednesday, Feb. 24; 2-3 p.m.

FTF

Love & Logic — Early Childhood Made Fun!

Parents come to this 5-session program to learn practical skills for handling frustrating parenting concerns.

Mondays – March 1, 8, 15, 22, 29; 4-6 p.m.

FTF: \$25

Tuesdays – April 6, 13, 20, 27; 4-6 p.m.

WEST: \$30

Cutting Loose With Dr. Seuss!

Come celebrate Dr. Seuss's birthday with goodies, crafts and more. Please bring a gently used book for our book exchange. Ages birth-48 months.

Tuesday, March 2; 2-3 p.m.

FTF

Kickin It With Baby — Teen Parent Program

Teen mamas and mamas-to-be join us for dinner, sharing and education. Earn baby bucks to shop in the baby boutique. Call Tawanda at 568-9601. Ages birth-48 months.

Thursdays – March 4, 11, 18, 25 & April 1; 6-8 p.m.

FTF

Sleepless In Vegas

Learn healthy sleep habits for your little ones. Ages birth-12 months.

Tuesday, March 16; 10-11 a.m.

FTF

Spring Bazaar With Our "Mom" Preneurs

Our creative mommies will be setting up shop with their hand crafts, baby gear and holiday items available for purchase.

Saturday, March 27; noon-2 p.m.

FTF

Happiest Baby On The Block

Learn the award winning techniques for soothing a fussy newborn developed by Dr. Harvey Karp. Parent kits are available for check out or purchase. Ages prenatal-4 months.

Tuesday, April 6; 10-11 a.m.

FTF

Earth Day Celebration

Enjoy the day outdoors and participate in our earth friendly activities. Call for details and location. Ages birth-48 months.

Thursday, April 22; 11 a.m.-noon

Mothers Day Tea — Save The Date

Monday, May 10; 11 a.m.-12:30 p.m.

FTF



ONLINE REGISTRATION AVAILABLE for family education classes.

Log on to: strosehospitals.org or call 616-4910.

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$50-HEND & WEST

Childbirth Express - \$35

Lamaze - \$100

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

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

Siena Campus Maternity Tour - 3rd Saturday afternoon or 4th 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.