

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 Martin Campus, Las Vegas

SGR - Siena Campus - Garden Room, Henderson

WEST - WomensCare Center, Las Vegas

health & wellness

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

Create an inspired life by exploring all aspects of good living!

Saturday, Aug. 14, 9 a.m.-noon – Finding Your Passion

Saturday, Sept. 11, 9 a.m.-noon – Discover the Poet Within

Saturday, Oct. 9, 9 a.m.-noon – Birthday Party for Sun, Moon, Stars

SAN: \$20 per session

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 616-4902 for appt.

HEND;WEST;RDL;SAN

Healing With Rhythm Drum Circle

Bring a healthy food item to share.

1st Friday – Aug. 6, Sept. 3-no meeting, Oct. 1; 6:30-8 p.m.

HEND

Knit To Heal

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!

Do you have a friend or loved one who is sick? Stop by the center and pick up a prayer shawl for them.

2nd & 4th Thursdays – Aug. 12 & 26, Sept. 9 & 23, Oct. 14 & 28;

10:30 a.m.-noon – Learn to knit or crochet.

HEND

2nd & 4th Thursdays – Aug. 12 & 26, Sept. 9 & 23, Oct. 14 & 28;

1-3 p.m.

WEST

Balancing Energy Fields

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

2nd Tuesday – Aug. 10, Sept. 14, Oct. 12; 6:30-8:30 p.m.

WEST: \$5 per session

Relaxation Meditation

Practice techniques that promote peace and good health.

Tuesday, Aug. 10; 5:30-6:30 p.m.

Tuesday, Sept. 14; 5:30-6:30 p.m.

Monday, Oct. 4; 5:30-6:30 p.m.

HEND

Tuesdays – Aug. 3, Sept. 7, Oct. 5; 5-6 p.m.

WEST

Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.

Thursday, Aug. 19; 2-4 p.m. – The Wind Beneath Our Wings

Thursday, Sept. 9; 2-4 p.m. – Mirror, Mirror on the Wall

Thursday, Oct. 14; 2-4 p.m. – Living Life to the Fullest

HEND

Tuesday, Aug. 24; 1:30-3:30 p.m. – The Wind Beneath Our Wings

Tuesday, Sept. 28; 1:30-3:30 p.m. – Mirror, Mirror on the Wall

Tuesday, Oct. 26; 1:30-3:30 p.m. – Living Life to the Fullest

WEST

Healthy Creative Clutter Management

Suffering from stress due to excessive clutter? Learn tricks to help you get organized and LOVE your space.

Tuesday, Sept. 14; 6-7:30 p.m.

HEND

Wednesday, Oct. 13; 6-7:30 p.m.

WEST

Intention Collage

Allow your creativity to flow as you create a visual story board of your dreams, hopes and future desires.

Wednesday, Sept. 15; 6-8 p.m.

WEST: \$5 (includes materials)

Full Moon Labyrinth Meditation

Walk the Labyrinth and learn the significance of the full moon and how it relates to our lives.

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

SAN

Medicare ABCD's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.

Tuesdays, Aug. 10 or Oct. 12; 9-10 a.m.

Thursday, Sept. 23; 9-10 a.m.

HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday – Aug. 19, Sept. 16, Oct. 21; 2:30-3:30 p.m.

HEND



SummerCalendar

of classes and upcoming events

Assertiveness Training

Join Dr. Lindsey Riccardi and learn how to improve your relationships by asking for what you need, saying no and expressing yourself.

Wednesday, Oct. 6; 6-7:30 p.m.

WEST

Help Helping Hands!

Needed: Volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping. Call 616-6554 if you can help

exercise & fitness

Ballroom Dancing

Dance like the stars with on-going Arthur Murray dance lessons. Call 269-5200 for more information.

Thursdays – 11 a.m.

LOCATION: 1000 N. Green Valley Pkwy., Ste. 720: Free

The Showgirl Workout

Full body workout to jazz.

Wednesdays – 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

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 Lynn.

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

Belly Dancing

3rd Saturday – Aug. 21, Sept. 18, Oct. 16; 10-11 a.m. with Linda

HEND: \$5

2nd Saturday – Aug. 14, Sept. 11, Oct. 9; 10:30-noon with Goldie

WEST: FREE

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-9:30 a.m.

Call 616-4900 for meeting location: Free

Gentle Yoga

Wednesdays – 9-10 a.m. with Jeannine

Tuesdays & Thursdays – 10-11 a.m. with Jeannine

HEND: FREE

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

Saturdays – 9-10 a.m. with Lynn

WEST: FREE

Tuesdays – 6-7 p.m. with Don

Fridays – 9-10:15 a.m. with Jen

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

Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga and movement techniques that target the 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.

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

Intermediate & Fan Class: Wednesdays - 2:30-3:30 p.m.

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

HEND: \$3 per session or 10 sessions for \$20

Mixed Level: Thursdays - 10-11 a.m.

WEST: \$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 a purpose to support the RED Rose breast cancer program. New paddlers only. To register, log on to www.roseregatta.org or call 616-4900.

Mondays – Aug. 9 or 23; 6:30-8 p.m.

Wednesdays – Aug. 4, 18 or Sept. 1; 6:30-8 p.m.

Saturdays – Aug. 7 or 21; 9-10:30 a.m.

LAKE LAS VEGAS: \$10 per person

Pink Paddlers

Breast cancer survivors join the team! To register log on to www.roseregatta.org or call 616-4900.

1st & 3rd Mondays – Aug. 2 & 16; 7-8 p.m. and Sept. 20 & Oct. 4; 6:30-7:30 p.m.

LAKE LAS VEGAS: FREE

Dragon Boat Open Paddling

If you have completed the Beginner Workshop or have paddled with us previously, join in for fun and fitness or to sharpen your paddling skills. To register, log on to www.roseregatta.org or call 616-4900.

Wednesdays – Aug. 4, 11, 18 & 25; 6:30-7:30 p.m.

LAKE LAS VEGAS: \$5 per person

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.

Cardiac Nutrition

Learn how to eat for your heart's health.

Monday, Aug. 30; 10:30 a.m. - noon

HEND

Monday, Oct. 4; 10:30 a.m. - noon

WEST

Emotional Eating

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

Wednesday, Sept. 1; 6-7:30 p.m.

WEST

The Healing Magic of Teas

A drink for health! Nicole Carter will explain the healing properties and the best way to brew green, black, white, red and herbal teas.

Saturday, Sept. 18; 10-11 a.m.

SAN: \$5

Fire Up Your Metabolism

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

Wednesday, Sept. 22; 6-7:30 p.m.

WEST

DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension developed by the USDA.

Thursday, Oct. 28; 6-8 p.m.

WEST

PET BLESSING

Bring your beloved pet and join us for our 4th Annual Pet Blessing held in honor of Saint Martín de Porres after whom the San Martín Campus was named. Martín was known for proving care and compassion toward all living things, including animals. The group pet blessing will be at 2:30 p.m.

Many of our community's animal-friendly organizations will be on-site to provide pet care information, provide demonstrations and hold prize drawing.

Saturday, October 30, 9 a.m. - noon
San Martín Campus Healing Garden



august • september • october

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

screenings

Call 616-4900 For Screening Appointments.

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.

Thursday, Sept 2; 7-10 a.m.

HEND: Listed above

Tuesday, Oct. 26; 7-10 a.m.

WEST: Listed above

How High Is Your CO?

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

Thursday, Sept. 9; 1-3 p.m.

HEND: Free

Tuesday, Oct. 19; 1-3 p.m.

WEST: Free

Peripheral Vascular Disease Screening

St. Rose Radiology Department will screen you for PVD.

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

HEND, Rehab Suite 140: Free

Skin Cancer Screening

Have a suspicious mole or spot? Have dermatologist Curt Samlaska, M.D., check it out.

Thursday, Sept. 23; 2-4 p.m.

HEND: Free

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, Sept. 30; 10 a.m.-noon

HEND: Free

Tuesday, Oct. 5; 10 a.m.-noon

WEST: Free

Memory Screening

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

Thursday, Oct 21; 10 a.m.-2 p.m.

HEND

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

Acupressure for Balance

Learn simple energy flows to help bring physical and emotional balance.

Monday, Sept. 27; 11 a.m.-1 p.m.

WEST

SHOP A DOC EVENT

Join us for our FREE Shop a Doc event – your opportunity to hold fast, informative face-to-face interviews with several private-practice OB/GYNs – allowing you to gather important information you need to choose your doctor.

Saturday, October 2, 2010

Interview sessions: 10:00 a.m. and 11:30 a.m., 1:00 p.m. and 3:00 p.m. (pick one)

St. Rose Dominican Hospitals – San Martín Campus

Reservations are required • Call 702.492.8795



Reiki Healing Consultations

Touchless energy work with Freddie. Schedule 30 or 60 minutes.

Call 616-4900 for apt.

Tuesdays – Aug. 17 & Oct. 19; 11 a.m.-1:30 p.m.

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

Tuesday – Sept. 7; 9 a.m.-noon

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

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

1st Thursdays – Aug. 5, Sept. 2, Oct. 7; 1:30-2:30 p.m. with Freddie

HEND

1st Tuesdays – Aug. 3, Sept. 7, Oct. 5; 7-8 p.m. with Freddie

WEST

Reflexology Foot Massage

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

Mondays – Sept. 20 & Oct. 4; 9:30 a.m.-12:30 p.m.

Fridays – Aug. 20, Sept. 10 & 24 or Oct. 8 & 22; 2:45-5:45 p.m.

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

Call or e-mail for an appointment.

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 apt.

Saturdays – Aug. 28, Sept. 11 or Oct. 23; 10 a.m.-2 p.m.

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

Tuesdays – Aug. 24 or Oct. 5; 10 a.m.-2 p.m.

Saturday, Sept. 25; 10 a.m.-2 p.m.

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

HEND

Lay Down And Lose Weight With Hypnosis

Bring your own pillow.

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

HEND: \$25 (includes CD)

Wednesday, Sept. 29; 6-8 p.m.

WEST: \$25 (includes CD)

Stress Management through Hypnosis

Tuesday, Oct. 5; 6-8 p.m.

HEND: \$25 (includes CD)

smoking cessation

Freedom From Smoking

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

Tuesdays – Oct. 5, 12, 19, 26, Nov. 2, 9, 16 & Thursday, Oct. 28; 11 a.m.-12:30 p.m.

HEND: Free

Relax and Stop Smoking With Hypnosis

Wear comfortable clothes.

Tuesday, Sept. 21; 6-8 p.m.

HEND: \$25 (includes CD)

Tuesday, Oct. 12; 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

Healthy Aging: Up2me

Learn to cope and control health conditions through the six-week Stanford Chronic Disease Self Management Program.

Tuesdays – Aug. 24 through Sept. 28; 10:30 a.m.-noon

HEND: FREE

Mondays – Sept. 13 through Oct. 18; 2:30-5 p.m.

HH: 1125 American Pacific, Ste.D: FREE

Mondays – Oct. 25 through Nov. 29; 9-11:30 a.m.

LOCATION: Heritage Park Senior Facility (50+), 300 S. Racetrack Rd. Call 267-2920 to register. FREE

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 – Aug. 12 & 13, Sept. 9 & 10, or Oct. 14 & 15; 9 a.m.-1 p.m.

Tuesday & Wednesday – Aug. 24 & 25, Sept. 28 & 29, or Oct. 26 & 27; 5:30-9:30 p.m.

HH: 1125 American Pacific Dr., Ste. D

SummerCalendar

of classes and upcoming events

Diabetes Update

Join leading diabetes specialist, Anne Peters, MD, Professor at USC for a free glucose and HbA1c screening, healthy breakfast and lecture.

Tuesdays – Oct. 26; 8-10:30 a.m.

WEST: FREE

Laparoscopic Obesity Surgery

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

Tuesdays – Aug. 17, Sept. 21 or Oct. 19; 6-7:30 p.m.

RAN

Enough Is Enough

Join Dr. Arthur Herpolsheimer for a brief discussion on abnormal uterine bleeding (AUB) and available in office treatment options.

Thursday, Sept. 9; 6-7:30 p.m.

HEND

The Wellness Series

Join Chiropractor, Dr. Robert DeMartino, for natural solutions to prevent asthma, sinus problems, sleep disorders or just to get a restful night of sleep.

Thursday, Sept. 30; 7-8 p.m. – Natural Solutions To Breathing Problems

Thursday, Oct. 28; 7-8 p.m. – Natural Solutions To Sleep Problems

HEND

New Treatments for Low Back & Neck Pain

Join Dr. Robert Odell for new treatments utilizing physics instead of pharmacology for the treatment of neck and low back pain.

Wednesday, Aug. 25; 6:30-7:30 p.m.

HEND

New Treatments for Neuropathy

Join Dr. Anthony Ricciardi and Dr. Robert Odell for this lecture on sophisticated electromedical treatment combined with peripheral nerve blocks in reversing all forms of neuropathies.

Thursday, Sept. 16; 6:30-7:30 p.m.

HEND

Thursday, Oct. 14; 6:30-7:30 p.m.

WEST

Alzheimer's Association Lectures

With Christine Terry.

Thursday, Sept. 16; 1-3 p.m. – Alzheimer's Research Updates

Thursday, Oct. 7; 1-3 p.m. – Alzheimer's and Safety

HEND

Lower Cholesterol With TLC (therapeutic lifestyle changes)

Thursday, Aug. 26; 4-7 p.m.

HEND

Food Allergy Parent Education Group

Receive education and support for children with food allergies.

Tuesday, Aug. 24; 7-9 p.m. – Management of Food Allergies at School

SAN

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.

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, Aug. 25; 5-9 p.m.

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

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

Wednesday, Aug. 4; 5-9 p.m.

Saturday, Sept. 18; 10:30 a.m.-2:30 p.m.

Thursday, Oct. 21; 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.

Saturday, Aug. 14; 10:30 a.m.-2:30 p.m.

Wednesday, Sept. 15; 5-9 p.m.

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

Saturday, Aug. 28; 10:30 a.m.-2:30 p.m.

Friday, Sept. 24; 1-5 p.m.

Wednesday, Oct. 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 day cares 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.

Mondays – Aug. 9, Sept. 13 or Oct. 11; 9 a.m.-1 p.m.

Fridays – Aug. 20, Sept. 24 or Oct. 22; 1-5 p.m.

HEND: \$12 for AARP members; \$14 for non members (check only)

Safe Sitter

Youth ages 11-16 learn safe, nurturing childcare and medical emergency techniques.

Monday, Aug. 23; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Sexual Assault Prevention

Join Sargent Annette Darr from Las Vegas Metropolitan Police Department to learn to identify offenders and protect yourself from danger. Parents and teens are encouraged to attend.

Saturday, Sept. 11; 10 a.m.-1 p.m.

SAN

programas en español

Para más información por favor llame a 564-0896

¿Necesita a una Doctor Que Hable Español?

Llame al 616-4999

Evaluación del desarrollo infantil

Es una evaluación que permite determinar el desarrollo físico y psicológico de los niños de 2 a 48 meses.

Para una cita o más información, llame a 702-564-0896.

FTF

Revisión e instalación del asiento de seguridad

90% de los asientos de seguridad no están instalados correctamente.

Asegúrese que el suyo lo está y aprenda a usarlo correctamente.

Para una cita o más información, llame a 702-564-0896.

FTF



STRIKING OUT STROKE

Participate in screenings to help determine your risk factors for stroke and then enjoy a healthy breakfast and lecture from Dr. Scott Selco, Medical Director of Stroke Care from St. Rose Dominican Hospitals on how to recognize a stroke and what to do if one occurs.

8-9:30 a.m. Screenings: Cholesterol Lipid profile - \$30; fasting required, Free Blood Pressure check, Body Mass Index, Carbon Monoxide level, Stroke questionnaire screening, Nutritional considerations and facts, American Stroke Association programs and information

8-9:30 a.m. - Healthy Breakfast

9:30-10:30 a.m. - Lecture by Dr. Scott Selco

Tuesday, August 31; 8-10 a.m.

MAC: Free or \$30 for lipid profile. Call 616-4900 to register.

august • september • october

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, Tuesdays, Fridays,
7 p.m. **SAN**

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**

CCFA – 3rd Sunday, 2 p.m. **RAN**

Co-dependency (CODA) – Thursdays, Noon **HEND**

Daughters Without Mothers – 1st Thursday, 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 – Mondays, 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**

Interstitial Cystitis – 2nd Wednesday, 7:30 p.m. **HEND**

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**

Pediatric Seizure & Epilepsy Support Group – 2nd
Monday, 6:30 p.m. **MAC**

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**

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

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 consultations, breastfeeding consultations and breastpumps for qualifying pregnant women and children up to age 5.
HEND: Call 616-4901; WEST Call 616-4900

Breastfeeding Helpline 616-4908

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

Breastfeeding Consultations

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 BONANZA

Round up the family to enjoy a day of health and safety resources, education and fun! Sign up for a lecture or enjoy the interactive booths and demonstrations in the healing garden. Activities include car seat safety checks, face painting, Halloween costume contest, and photos in our mini-pumpkin patch.

Lectures (seating limited, please register at 616-4900)

11:00 a.m. - Lecture "Eating, Sleeping, Pooping & Crying" Ask the Pediatrician with Dr. James McGhee

Noon - Parenting with Love and Logic presented by Family to Family Connection

Demos in the Healing Garden Gazebo

10:30 a.m. - Gymboree Playtime

11:00 a.m. - Baby/Toddler Sign

11:30 a.m. - Move with Your Baby Fitness with Sarah Harding

Noon - Halloween Costume Contest

1:00 p.m. - City Lights Music

1:30 p.m. - Toddler Zumba

Fall Bazaar with our "Mom" preneurs

Saturday, Oct. 30; 10 a.m.-2 p.m.

Siena Campus, Healing Garden & Conference Center

Baby Weigh Stations

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

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

Wednesdays – 11 a.m.-noon

WEST

Fridays – 11 a.m.-noon

HEND

La Leche League

4th Thursday – Aug. 26, Sept. 23, Oct. 28; 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 616-4910.

Childbirth Express

This class provides the most important information on childbirth education condensed into 5 hours for those with busy schedules. Join our childbirth instructor and learn more about labor, medical procedures and cesarean birth.

Saturdays – Aug. 28, Sept. 18 or Oct. 16; 9 a.m.-2 p.m.

HH: \$35 fee includes prepared childbirth book

Sweet Peas NICU Support Group

Parent education and support.

Wednesdays – 1-2 p.m.

SIENA: Quiet Room

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, Sept. 28; 6-8 p.m.

WEST

Tuesday, Oct. 19; 6-8 p.m.

WEST

Family Education

infants, children & parenting

Call 568-9601 for FTF programs
Call 616-4900 for HEND & WEST programs

Dancing with Miss Jenny®

Miss Jenny uses homemade, creative props to bring out desired movements from the child to develop gross motor, fine motor and cognitive skills. Parents participate with children while bonding and achieving developmental milestones.

Thursdays – 11-11:30 a.m. starting Sept. 2

HEND: FREE

Car Seat Safety Check

Call 616-4901 or 568-9601 for appt.

Fridays – Aug. 13, 27; Sept. 10, 24; Oct. 8, 22; 3-5 p.m.

Tuesdays – Aug. 10, Sept. 14, Oct. 12; 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

Fridays – 1:30 -2:30 p.m.

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

Toddler Play Group

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

Tuesdays – 3-4 p.m.

WEST

Tuesdays – 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

Teens & Tots Playgroup

Join Miss Tawanda as we share and play with our little ones!

Tuesdays – Aug. 3, Sept. 21; 11 a.m.-noon

Wednesday, Oct. 6; 11-noon

FTF

Fingerplays & Rhymes-Baby Buddies

Come sing along to some classic songs and fingerplays with your wee ones.

Ages birth-12 months

Wednesday, Aug. 4; 10-11 a.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 – Aug. 5, 12, 19, 26 & Sept. 2, 9; 4-6 p.m.

FTF

Toddler Zumba

Experience the exciting rhythm of Latin music and movement with your toddler.

Tuesdays – Aug. 17, Sept. 21, Oct. 19; 4-5 p.m.

WEST: \$3 per class

Toddlers & T.V.

Discussion on the benefits and concerns of tv programming for toddlers. Ages 12-48 months.

Friday, Aug. 20; 10-11 a.m.

FTF

Love & Logic – Early Childhood Made Fun!

Learn practical skills for handling some of the frustrating parenting concerns. 5 sessions.

Mondays – Aug. 9, 16, 23, 30 & Sept. 6; 4-6 p.m.

FTF: \$25

Mondays – Sept. 20, 27, Oct. 4, 11; 3-5 p.m.

WEST: \$30

Toddlers and First Aid

Learn some helpful tips in curbing and treating bumps and bruises for those busy toddlers! Ages 12-48 months.

Wednesday, Sept. 8; 2-3 p.m.

FTF

Bon Appétit

Homemade baby food made easy and fun! Ages birth-12 months.

Wednesday, Sept. 29; 2-3 p.m.

FTF

Homemade Fun with Babies!

Join Miss Pam in using materials around your home to create fun activities for your babies. Ages birth-12 months.

Thursday, Oct. 14; 10-11 a.m.

FTF

Toddlers & Big Beds!

Helpful tips for transitioning your toddler to a bigger bed! Ages birth-48 months.

Thursday, Oct. 21; 10-11 a.m.

FTF

Wee Can Sign: Baby Sign Language Level I

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

Wednesdays – Sept. 8, 15, 22 & 29; 10:30-11:30 a.m.

HEND: \$80 (includes Sign with Your Baby DVD)

Saturdays – Aug. 28, Sept. 4, 11 & 18; 12:30-1:30 p.m.

Saturdays – Oct. 2, 9, 16 & 23; 12:30 a.m.-1:30 p.m.

Thursdays – Oct. 7, 14, 21 & 28; 11:30 a.m.-12:30 p.m.

WEST: \$80 (includes Sign With Your Baby DVD)

For more information, log on to www.WeCanSign.com.

Sing and Sign: Baby Sign Language Level II

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

Saturdays – Aug. 28, Sept. 4, 11 & 18; 2-3 p.m.

Thursdays – Sept. 2, 9, 16 & 23; 11:30 a.m.-12:30 p.m.

Saturdays – Oct. 2, 9, 16 & 23; 2-3 p.m.

WEST: \$80 (includes Pick Me Up kit)

Wednesdays – Oct. 13, 20, 27 & Nov. 10; 10:30-11:30 a.m.

HEND: For more information, log on to www.WeCanSign.com.

Love and Logic Refresher!

Need to refresh your Love and Logic techniques? Join us for this one hour class to sharpen your parenting skills.

Monday, Oct. 25; 3:30-4:30 p.m.

WEST



ONLINE REGISTRATION AVAILABLE for family education classes.

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

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$50-HEND & WEST

Childbirth Express - \$35

Bed Rest Learning DVD Module - \$50

Teen Prepared Childbirth Class - Free

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

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

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

San Martín Campus Maternity Tour - 3rd Saturday

Call 616-4901 to register for the tours.