See Girl Talk, pg. 25

Director: Holly Lyman
Staff: Shamika Abbott, CLE; Mickey Bachman, RN; Marie Bevins, RN, IBCLC; Vanessa Borja, RD, CLE; Evelyn Castillo; Rony Cortez; Jennifer Findlay, CLE; Aneel Flores; Amy Godsoe; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Trianna Hunter, RN, CLC; Vicky Jeghir, CLC; Natalie Knuth, CLC; Arla Leins, IBCLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel, MFT; Brandy Pacheco, CLC; Kim Riddle, CLC; Dorie Rodriguez, CLC; Linda Roth, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, CLC; Adela Victorio, CLE

location abbreviations

COND - Siena Campus - Conference Room D, Henderson
FTF - Family to Family Connection, Henderson
HEND - Womens*Care* Center, Henderson
HEND WIC - WIC, 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 - Womens*Care* Center, Las Vegas
WEST WIC - WIC, Las Vegas

spring calendar

OF CLASSES AND UPCOMING EVENTS

health & wellness

Unleash Your Heart's Desire
Discover balance, harmony and self-love by awakening and unleashing your heart's desire. Create a Sacred Contract to lead you through life. Bring a journal and pen!
Thursday, June 28; 6-8 p.m.
HEND

Labyrinth Meditation – Welcome Summer!
Join us as we celebrate the onset of summer with a labyrinth walk.
Wednesday, June 20; 6:30-7:30 p.m.
SAN-Labyrinth Garden next to ER. Enjoy the Labyrinth for reflection, prayer or celebrating milestones. Open 24 hours/7 days per week.

Healing with Rhythm Drum Circle
Bring a healthy food item to share.
1st Friday – May 4, June 1, July 6; 6:30-8 p.m.
HEND

Relaxation Meditations
Practice techniques for peace and health.
2nd Tuesday – May 8, June 12, July 10; 5:30-6:30 p.m.
HEND
1st Tuesday – May 1, June 5, July 3-CXLD; 6-7 p.m.
WEST

Balancing Energy Fields
Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.
2nd Tuesday – May 8, June 12, July 10; 6-8:30 p.m.
WEST: $5

Senior Peer Counseling
Over 50? Need a trained peer counselor to listen? Call 616-4900 for appointment.
HEND; WEST; RDL; SAN

Medicare ABCDs
Decipher Medicare's maze to maximize your benefits.
Tuesdays – May 8, June 12 or July 10; 9-10 a.m.
HEND
Thursdays – May 10, June 14 or July 12; 9-10 a.m.
WEST

Tea & Talk Book Club
Call 616-4900 for monthly book titles.
3rd Thursday – May 17, June 21, July 19; 2:30-3:30 p.m.
HEND

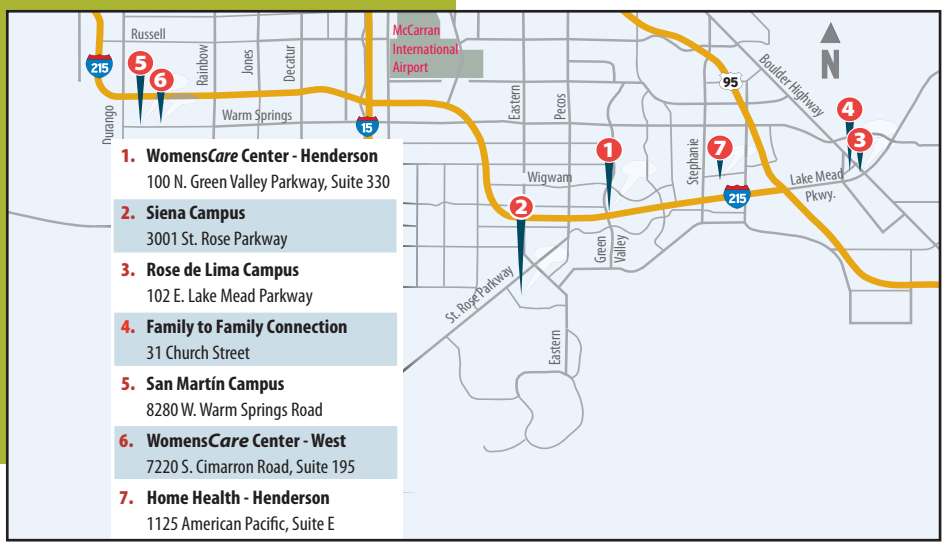
Essential Oils – A Happier, Healthier YOU
Sniff your way to better health and explore new ways to incorporate essential oils into daily use.
Wednesday, June 27; 6-7 p.m.
HEND

Girl Talk
Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.
Thursday, June 14; 6-7 p.m.
HEND

Life Stories Workshop
Reminisce, review and write your life's journey by creating an autobiographical keepsake.
Tuesdays – May 22, 29, June 5 & 12; 1:30-3 p.m.
WEST

Knit To Heal
Knit prayer shawls for patients (or pick one up for a sick loved one). Yarn donations welcomed!
Learn to knit or crochet: 2nd & 4th Thursdays – May 10 & 24, June 14 & 28, July 12 & 26; 10:30 a.m.-noon
HEND
2nd & 4th Thursdays – May 10 & 24, June 14 & 28, July 12 & 26; 1-3 p.m.
WEST

Help Helping Hands of Henderson!
Needed: Volunteers to drive seniors to doctor's appointments and on errands.
Call 616-6554 if you can help.



Women, Genetics & Cancer

Join breast surgeon, Dr. Anne O'Neill for a National Women's Health Week lecture about the links between breast and ovarian cancer, your family history and genetics.

Thursday, May 17; 6-7 p.m.
SAN

spring calendar

OF CLASSES AND UPCOMING EVENTS

Race for the Cure

Run, walk or donate to Susan G. Komen Southern Nevada Race for the Cure®. Proceeds fund local breast cancer programs and global research. Get details and register online at *komensouthernnevada.org.* Can't attend? Sign up to *Sleep In for the Cure* (until May 31).

Saturday, May 5; 8 a.m.
FREMONT STREET EXPERIENCE

exercise & fitness

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

Beginner Pilates
Build a strong core with floor exercises.
Mondays & Wednesdays – 10:30-11:30 a.m. with Janice
HEND: $5 per session or 5 sessions for $20

Ageless Woman Workout: Osteoporosis Exercise
Learn breathing, yoga and movement techniques that target aging zones.
Tuesdays & Thursdays – 9-9:45 a.m. with Jeannine
HEND: $5 per session or 5 sessions for $20

Gentle Yoga
Gain flexibility and balance through gentle yoga.
Tuesdays & Thursdays – 10-11 a.m. with Jeannine
HEND: FREE
Mondays & Wednesdays – 9-10 a.m. with Christine & Sharon
WEST: $5 per session or 5 sessions for $20

Beginner's Yoga
Learn important alignment and foundation concepts.
Mondays – 5:30-6:30 p.m. with Dorothy
HEND: $5 per session or 5 sessions for $20

Vinyasa Flow Yoga - Beyond the Basics
Breathe and move through yoga postures to build strength, balance and flexibility.
Saturdays – 11 a.m.-noon with Dorothy
HEND: FREE
Tuesdays – 6-7 p.m. with Jen
Fridays – 9-10 a.m. with Jen
Saturdays – 9-10 a.m. with Jen (FREE)
WEST: $5 per session or 5 sessions for $20

Tai Chi
Join Stella Huang to learn the Chinese martial art that improves relaxation and balance through slow, controlled movements.
Beginner: Wednesdays – 1:30-2:30 p.m.
Intermediate: Wednesdays – 3:30-4:30 p.m.
Advanced: Wednesdays – 2:30-3:30 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

Zumba Fitness
Saturdays – 8-9 a.m. and 9-10 a.m. with Linda
HEND: $5 per session or 5 sessions for $20
Mondays & Thursdays – 6:15-7:15 p.m. and 7:30-8:30 p.m. with Lucy
WEST: $5 per session or 5 sessions for $20

Chair Exercise
Practice breathing, stretching, muscle and balance strengthening with fun, simple seated movements.
Mondays – 9-10 a.m. with Paige (beginning June 4)
HEND: FREE
Tuesdays – 10-11 a.m. with Lynn
WEST: FREE

Belly Dancing
2nd Saturday – May12, June 9, July 14; 10:30 a.m.-noon with Goldie
WEST: FREE

nutrition

Weight Management Club
Free weekly group help with weight management goals. Facilitated by St. Rose Registered Dietitians.
Fridays – 9:30-10:30 a.m.
HEND

Celiac Support Group
Thursday, May 17; 6-7 p.m. - Celiac Disease Against the Grain
Thursday, June 21; 6-7 p.m. - Cooking Demo with Vanessa Borja, RD
Thursday, July 19; 6-7 p.m. - Q&A
HEND

Nutrition Consultations
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 are welcome and cash discounts are available.
Call 616-6545 for an appointment and pricing.

Food for Mood
Change your mood with the foods you eat!
Tuesday, July 24; 6-7 p.m.
HEND

Managing Your Weight after Weight Loss Surgery
Dr. Dominic Riccardi addresses post-operative struggles with weight and emotions.
Wednesday, May 30; 6-7:30 p.m.
WEST

Carbs. The New Evil?
Dr. Dominic Riccardi addresses the good, bad and ugly of how carbohydrates affect your body, metabolism and appetite.
Wednesday, July 18; 6-7:30 p.m.
WEST

DASH Away From Hypertension
Learn the USDA's Dietary Approaches to Stop Hypertension to lower blood pressure.
Wednesday, June 27; 2-4 p.m.
HEND

Cardiac Nutrition
Learn how to eat for your heart's health from Sharon Nasser, R.D.
Wednesday, June 13; 10-11:30 a.m.
HEND
Tuesday, July 10; 10-11:30 a.m.
WEST

Assertiveness and Your Health
Join Dr. Lindsey Riccardi to learn assertiveness skills for emotional and physical well being.
Wednesday, June 20; 6-7:30 p.m.
WEST

screenings

Call 616-4900 for screening appointments.

FIT Colon Test
Age 50 or better? Take home a Colorectal Cancer F.I.T. (fecal immunochemical test) Screening Kit, return your sample to the Womens*Care* Center and receive your test results by mail.
HEND; WEST: $15

Blood Pressure Screenings
Tuesday, June 26; 7-10 a.m.
HEND: FREE
Tuesday, July 24; 7-10 a.m.
WEST: FREE

Peripheral Artery Disease Screening (PAD)
Do you have any signs or symptoms of PAD? The St. Rose Imaging Department can screen you.
Thursday, May 17; 8 a.m.-noon
HEND, Rehab Suite 140: FREE. Call 616-4900 for appointment.

CALL **616-4900** FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

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 12-hour fast is required.
Tuesday, June 26; 7-10 a.m.
HEND: Listed above. Call 616-4900 for appointment
Tuesday, July 24; 7-10 a.m.
WEST: Listed above. Call 616-4900 for appointment

How High Is Your CO?
Smoke or around those that do? Carbon monoxide screening measures the concentration of CO on the breath.
Wednesday, June 20; 1-3 p.m.
HEND: FREE. Call 616-4900 for appointment

FREE! Do You See What I See?
Join The Shepherd Eye Center for an eye screening. Check your current prescription; learn about glaucoma and other eye ailments.
Wednesday, June 6; 10 a.m.-noon
HEND: FREE. Call 616-4900 for appointment
Wednesday, July 18; 10 a.m.-noon
WEST: FREE. Call 616-4900 for appointment

R.E.D. Rose
Uninsured or underinsured? Under age 50? You may qualify for a free mammogram. Call 616-7525. Funded by Susan G. Komen for the Cure®, the National Breast Cancer Foundation, the Rose Regatta and the Avon Foundation.

integrative medicine

Reiki Healing Circle
Experience Reiki energy through a healing circle.
1st Thursdays – May 3, June 7, July 5; 1:30-2:45 p.m. with Freddie
HEND
1st Tuesdays – May 1, June 5, July 3-CXLD; 7-8 p.m. with Freddie
WEST

Reiki Healing Consultations
Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes. Call 616-4900 for appointment.
Tuesdays – May 8, June 12, July 10; 1:45-3:15 p.m.
HEND: $30-30 mins.; $60-60 mins.
Call 616-4900 for a West side appointment.
WEST: $30-30 mins.; $60-60 mins.

Reflexology Foot Massage
Evening appointments available (6 p.m. on weekdays) for 30 or 60 minutes with Sarah Wagner. Call 270-6313 or email *sarah@baresoles.us* to schedule an appointment.
HEND: $30-30 mins.; $60-60 mins.
WEST: $30-30 mins.; $60-60 mins.

Lay Down and Lose Weight with Hypnosis
Relax and open your mind to positive intentions and affirmations for weight loss. Bring your pillow.
Thursday, May 24; 6-8 p.m.
HEND: $25 (includes CD)
Wednesday, June 13; 6-8 p.m.
WEST: $25 (includes CD)

smoking cessation

Freedom from Smoking
Kick the habit with group support in this seven-week American Lung Association interactive smoking cessation program.
Tuesdays – May 22, 29, June 5, 12, 19, 26, July 3 & Thursday, June 14; 5:30-7 p.m.
SAN: FREE

Relax and Stop Smoking with Hypnosis
Use guided relaxation and positive affirmations to become smoke free! Bring your pillow.
Wednesday, June 6; 6-8 p.m.
HEND: $25 (includes CD)
Wednesday, July 11; 6-8 p.m.
WEST: $25 (includes CD)

Nevada Tobacco Users Helpline
1-800-QUIT-NOW (1-800-784-8669) or *livingtobaccofree.com*
When you are ready to stop smoking, a professional counselor will help you develop a plan based on your addiction and other factors.

health conditions

Diabetes Self-Management Program
Support and self-management techniques for type II diabetes. A six week program developed by the Stanford School of Medicine to complement your current medical treatment.
Fridays – June 1 through July 6; 2-4:30 p.m.
HEND: FREE

Diabetes Awareness Treatment & Education
A comprehensive diabetes class accredited by the American Diabetes Association. All insurance welcome and cash discounts are available. Call 616-6545 for pricing and registration.
Tuesday & Wednesday – May 8 & 9, June 12 & 13 or July 10 & 11; 9 a.m.-1:30 p.m.
Tuesday & Wednesday – May 22 & 23, June 26 & 27 or July 24 & 25; 5-9:30 p.m.
HH

Pre-diabetes – Avoid the Avoidable
If you have "borderline" or "pre" diabetes, join St. Rose Diabetes Educators to learn to avoid and/or delay the onset of diabetes.
Wednesday, May 30; 10 a.m.-noon
HH

Healthy Aging: Up2Me
Regain life control while living with a chronic condition through goal setting, overcoming barriers, practical exercises and relaxation techniques with the six-week Stanford Chronic Disease Self-Management Program.
Mondays – July 16 through August 20; 1:30-4 p.m.
WEST: FREE

CHAMP
Congestive Heart Active Management Program for St. Rose patients.
Call 616-4914 for more information and to enroll.

Speaking Out! Aphasia Conference
Join National Aphasia Association for a free conference on the latest aphasia research, local programs and the use of technology and strategies for living successfully with aphasia. Stroke survivors and families welcome. Seating is limited. Call 616-4910 or email *stacey.gross@dignityhealth.org* to register.
Friday, June 29; 9 a.m.-4 p.m.
SAN: FREE (lunch included)

Dinner with a Doc

Learn the latest medical advances and enjoy a free dinner. Call 616-4900 to register.

ABCs of PAD with Dr. Chandra Narala
What are the risk factors, signs, symptoms and treatment options for Peripheral Arterial Disease?
Tuesday, June 19; 6-7 p.m.
RDL: FREE

Inflammation & Heart Disease with Dr. Herb Cordero
Learn how arterial inflammation increases the risk of heart attacks, plus what causes inflammation and how to prevent it will be discussed.
Thursday, June 28; 6-7 p.m.
MAC: FREE

Tech Talk with a Stroke Doc
Meet our RP7 telemedicine robot and learn about stroke care innovations from neurologist, Dr. Stephen Raps.
Thursday, July 12; 6-7 p.m.
SAN: FREE

spring calendar

OF CLASSES AND UPCOMING EVENTS

Aphasia Goes to the Movies
Join us for snacks and two aphasia documentary screenings on heartwarming stories about the struggles and triumphs of living with aphasia. Enjoyable and enlightening! Seating is limited. Call 616-4910 or email *stacey.gross@dignityhealth.org* to register.
Friday, June 29; 4-6:30 p.m. or 7-8:30 p.m.
SAN

Stroke Club @ St. Rose
Explore helpful strategies for stroke survivors in a supportive setting with monthly guest speakers. Caregivers welcome; light refreshments served.
Thursday, May 24; 6-7 p.m. – Senior Peer Counseling
MAC
Thursday, June 28; 6-7 p.m. – Aphasia - Ellayne Ganzfried, National Aphasia Association
SAN
Thursday, July 26; 6-7 p.m. – Stroke Advocacy - Chris Roller, American Heart & Stroke Assoc.
MAC

Lower Cholesterol with TLC (therapeutic lifestyle changes)
Get your numbers right through nutrition, exercise, relaxation and supplementation.
Thursday, June 7; 1-4 p.m.
HEND

Alzheimer's Association Lecture
With Christine Terry.
Thursday, June 28; 2-4:30 p.m. – Legal and Financial Planning for Alzheimer's.
HEND

Better Breathers Club
American Lung Association's support group for learning new skills and information to manage chronic lung disease. Caregivers welcome.
2nd Tuesday – May 8, June 12, July 10; 2-3 p.m.
Paragon Healthcare (1655 W. Horizon Ridge, Ste. 100)
3rd Wednesday – May 16, June 20, July 18; 10-11 a.m.
Vital Care, 813 Arizona St., Boulder City

Cancer Quality of Life Center
Cancer patients, visit our ACS center for wigs, hats, turbans and support.
Call 616-4910 for appointment.
WEST: FREE

Breast Cancer Prosthesis & Bra Fittings
Uninsured? Receive a free fitted bra and prosthesis provided by a grant from the Southern Nevada Affiliate of Susan G. Komen for the Cure®. Call 568-9595.

Farmer's Market

Thursdays – 9 a.m.–4 p.m.
Events Plaza, 240 Water Street, Downtown Henderson
Fridays – 10 a.m.–4 p.m.
Henderson Pavilion, 200 S. Green Valley Pkwy., Henderson
Saturdays – 8 a.m.-1 p.m.
Tivoli Village, 302 S. Rampart Blvd., Las Vegas
Sundays – 8:30 a.m.-1 p.m.
Sansone Park Place, 9480 S. Eastern Ave., Las Vegas

safety & injury prevention

Falls Management & Mobility Clinic
Have you or someone you love…fallen in the last six months? Been injured in a fall? Become fearful of falling? Are you or they 65 or older? Please call 777-1831.
2nd & 4th Wednesdays – 1-5 p.m.
Touro University, 874 American Pacific Dr.

Heartsaver CPR/AED
Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for the non-health care provider.
Wednesday, May 30; 5-9 p.m.
Saturday, June 9; 10 a.m.-2 p.m.
Saturday, June 30; 10 a.m.-2 p.m.
HEND: $30 (includes AHA cert. card)
Tuesday, July 31; 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, May 5; 10 a.m.-2 p.m.
HEND: $50 (includes AHA cert. card)
Wednesday, June 20; 5-9 p.m.
Saturday, July 21; 10 a.m.-2 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 daycare facilities for a two-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 – May 7 or June 4; 9:00 a.m.-1:00 p.m.
Fridays – May 25, June 29 or July 20; 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, June 18 or July 23; 9 a.m.-4:30 p.m.
HEND: $20 (includes lunch)

Sexual Assault Prevention
Learn "how not to" become a target for sexual assault and basic self-protection moves from Officer Raymond Wilkins, Henderson Police Department.
Saturday, July 21; 10 a.m.-2 p.m.
Call 616-4910 to register

programas en español

¿Necesita a una Doctor Que Hable Español? Llame al 616-4999.

R.E.D. Rose
No tiene seguro médico o su seguro médico no cubre mamogramas y tiene 49 años o menos el programa de RED Rose le podría ayudar.
Para más información llamar al 616-7525.

WIC
Alimentos saludables, consejos en nutrición y lactancia para mujeres embarazadas y niños de 0 a 5 años.
Llama al 616-4905.

Para obtener informacion sobre las clases y recursos en espanol, por favor llame a 616-4915.

breastfeeding

Breastfeeding Helpline 616-4908
Certified Lactation Consultants or Counselors can address your breastfeeding questions and concerns.

CALL **616-4900** FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

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

Breastpump Rentals
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

Mocha Moms, Inc.
Non-profit support group for mothers of color or any new mother looking for sisterhood.
3rd Saturday – May 19, June 16, July 21; 3-4 p.m.
HEND

New Mommy Mixer
Mondays – 11 a.m.-noon
FTF
Wednesdays – 11 a.m.-noon
WEST
Fridays – 11 a.m.-noon
HEND
Saturdays – 2-3 p.m.
HEND

La Leche League
Join other nursing mothers for information, support and encouragement.
4th Thursday- May 24, June 28, July 26; 10-11 a.m.
FTF

pregnancy & childbirth

Pregnant and Uninsured?
Call Baby Rose at 568-9074. Pregnancy and childbirth classes are free for Baby Rose participants. To sign up for classes, call 616-4910.

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 with Mickey Bachman, RN, certified fertility care specialist.
Wednesday, May 16; 6:30-8:30 p.m.
WEST

infants, children & parenting

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

St. Rose WIC Nutrition Program
Healthy food, nutrition consultations, breastfeeding consultations and breastpumps. For pregnant women and children up to age 5. Call 616-4905.
HENDWIC; WESTWIC; FTFWIC (services now extended to – Family to Family in Henderson, 102 E. Lake Mead Pkwy).

Learn and Grow Garden
Bring toddlers (2-4 years) to the Family to Family garden to learn about growing vegetables.
Thursdays – May 10 or May 24; 10-11 a.m.
FTF

Support Groups

COND - Siena Campus - Conference Room D, Henderson
FTF - Family to Family Connection, Henderson
HEND - Womens*Care* 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 - Womens*Care* Center, Las Vegas

AA for Women - Mondays, 7:30 p.m. & Wednesdays, Noon HEND, Mondays, Noon WEST
AA Co-ed - 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
Aphasia Lunch Bunch - 1st & 3rd Wednesdays, 2:30 p.m., Black Mountain Grill
Bereavement Support Group - 2nd & 4th Wednesdays, 6 p.m. HEND
Breast Cancer Support - 2nd & 4th Mondays, 6 p.m. HEND
Celiac Support - 3rd Thursday, 6 p.m. HEND
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
Fibromyalgia Friends - 3rd Thursday, 6:30 p.m. HEND
Gamblers Anonymous - Tuesdays, 6 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. COND
Headache Support Group - 3rd Tuesday, 6 p.m. SAN
Infertility Support Group - 2nd Monday, 6 p.m. SAN
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
Pediatric Epilepsy Support Group - 2nd Monday, 6 p.m. MAC
Senior Peer Counseling - Call 616-4900. HEND, WEST
Stroke Club @ St. Rose - 4th Thursday, 6 p.m. MAC
Surviving Suicide - Bereavement support group for adults 1st & 3rd Tuesdays, 6:30 p.m. HEND
Transitions - 1st & 3rd Tuesday, 11 a.m. HEND
Widows Support - 1st & 3rd Tuesdays, 2 p.m. HEND

Asthma Kids Club

School's out and surf's up! Is your family ready to manage asthma symptoms this summer? Hula over to the Asthma Kids Club's **Breathe to the Beat Luau** to get tools to help your kids breathe easier in the heat! Call 616-4900 to register.

- Asthma screening, lung testing, free spacers and peak flow meters
- Conversations with Dr. Sean McKnight and Dr. Craig Nakamura
- Lung health exhibits and fun games
- Medication checks with a St. Rose pharmacist
- Breathing with bubbles activity and tropical snacks!

Saturday, May 19; 10 a.m.-1 p.m.
MAC

spring calendar

OF CLASSES AND UPCOMING EVENTS

Shopping with the Registered Dietitian
Join us at Smith's grocery store to learn about the WIC food package and how to make healthy, affordable food choices.
3rd Thursday – May 17, June 14, July 19; 11:30 a.m.-12:30 p.m.
HENDWIC: Call 616-4905 to register.

Cooking Demos with WIC Approved Foods
Learn from a registered dietitian how to use WIC approved foods to cook healthy meals.
3rd Fridays – May 18, June 15, July 20; Noon-1 p.m.
HENDWIC: Call 616-4905 to register.

FREE WIC Immunization Clinic
Free shots for infants and children offered during WIC appointments. Sponsored by SNIHC. Bring your child's shot records.
Thursday, June 21; 9 a.m.-noon
HENDWIC: Call 616-4905 to register.

Ongoing Family Education Classes

Register at *strosehospitals.org* or call **616-4910.**

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 tours.

Dancing with Miss Jenny®
Join Miss Jenny for dancing that helps kids develop cognitive, gross and fine motor skills. Parents and children (ages 18 mos.-5 years). Call 616-4900 to register.
Thursdays – 11-11:30 a.m. (18 months-4 years)
Thursdays – Noon-12:30 p.m. (18 months-4 years)
HEND: FREE
Mondays – 11-11:30 a.m. (18 months-3 years)
WEST: FREE
Fridays – 11:30 a.m.-Noon (18 months-4 years)
FTF: FREE

Car Seat Safety Checks
Call 616-4901 or 568-9601 for appointments.
Fridays – May 4, 18, June 1, 15, July 13, 27; 3-5 p.m.
HEND; FTF: $10 per family

Mommy & Baby Yoga
Moms and babies ages 6 weeks-1 year.
Fridays – 1:30-2:30 p.m.
HEND: $3 per class or 8 sessions for $20
Fridays – 11:30 a.m.-12:30 p.m.
WEST: $3 per class or 8 sessions for $20

Infant Development Playgroup
Join Family to Family for a growth and development playgroup for babies up to age 1.
Mondays – 2-3 p.m.
HEND

Sing and Sign: Food Time
Sign language fun with Miss Shannon. Learn ASL Signs for healthy foods using songs, books and toys. Parents with babies birth-2 years.
Tuesdays – 2-2:30 p.m.
HEND: FREE

Infant Nutrition
Join Family to Family for a weekly mommy/baby group focused on infant nutrition – homemade baby food, weaning, starting solids, etc.
Wednesdays – 2-3 p.m.
HEND

Wee Can Sign: Baby Sign Language Level I
Parents and babies (birth to 2 years) learn ASL sign language.
Fridays – May 11, 18, 25 & June 1;10:30-11:30 a.m.
Fridays – July 6, 13, 20, 27; 10:30-11:30 a.m.
HEND: $80 (includes Sign with Your Baby DVD)
Saturdays – June 2, 9, 16, 23; 12:30-1:30 p.m.
Thursdays – June 7, 14, 21, 28; 11:30 a.m.-12:30 p.m.
Thursdays – July 5, 12, 19, 26; 11:30 a.m.-12:30 p.m.
Saturdays – July 7, 14, 21, 28; 12:30-1:30 p.m.
WEST: $80 (includes Sign with Your Baby DVD)
For more information, log on to *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).
Thursdays – May 10, 17, 24, 31; 11:30 a.m.-12:30 p.m.
Saturdays – June 2, 9, 16, 23; 2-3 p.m.
Saturdays – July 7, 14, 21, 28; 2-3 p.m.
WEST: $80 (includes Pick Me Up kit)
Fridays – June 8, 15, 22, 29; 10:30-11:30 a.m.
HEND: $80 (includes Pick Me Up kit)
For more information, log on to *WeeCanSign.com.*

Got SNAP? Supplemental Nutrition Assistance Program
Three Square will help you complete your application. Call 616-4905 for appointment.
Saturdays – 8 a.m.-noon
HEND WIC

Storks Nest Prenatal Program
Enjoy prenatal discussion groups while earning points toward incentives by participating in healthy prenatal activities and classes.
3rd Saturdays – May 19, June 16, July 21; 1-3 p.m.
FTF

Happiest Baby on the Block
Learn award-winning techniques for soothing newborns developed by Pediatrician Harvey Karp. Ages prenatal-3 months.
Friday, June 8; 10-11 a.m.
FTF

Love & Logic: Early Childhood Made Fun!
Learn practical skills for handling frustrating concerns for parents of children birth to age 6.
Thursdays, June 7, 14, 21, 28 and July 12; 4-6 p.m.
FTF: $40 per family (scholarships available, call for details)

Nevada Check-Up Enrollment Assistance
Is your child without health insurance? Get assistance completing an application for NV Check-Up insurance program for children.
2nd Tuesdays – May 8, June 12, July 10; 9-11 a.m.
FTF

Kickin' It with Baby – Teen Parent Program
Teen mammas and mammas-to-be, join us for dinner, sharing and education. Earn Baby Boutique bucks.
FTF: Call 568-9601 for dates.

Toddlers in the Kitchen
Get your toddler engaged in healthy eating – from the garden to the kitchen! Ages 1 to 4.
Wednesdays – 10-11 a.m.
FTF

Crawlers & Climbers
Let little ones safely explore through texture and climbing structures. Ages 9-24 months.
1st & 3rd Fridays – May 4 & 18, June 1 & 15, July 6 & 20; 10-11 a.m.
FTF

CALL **616-4900** FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Get Ready! Get Set! Get Involved!

Get your paddle up and your battle-tude on! Join St. Rose's fourth annual Rose Regatta Dragon Boat Race & Festival to raise funds to help local women and men fight breast cancer.

The Rose Regatta is a fun, feel-good fundraiser open to beginners and seasoned dragon boaters willing to put their collective spirit and paddle power to work raising funds for the breast health services provided by St. Rose Dominican Hospitals and our Barbara Greenspun Womens*Care* Centers of Excellence and R.E.D. Rose program, which provides diagnostic screenings, biopsies, medical care and psychosocial support for uninsured women and men facing breast cancer.

The event also features an exciting cultural festival, breast cancer tributes and opportunities to support paddlers from the beautiful shores of Lake Las Vegas.

For more information on individual or team registration, practices, sponsorships, donations or volunteer opportunities, please visit *roseregatta.org* or call 616-4900.

ROSE REGATTA
A DRAGON BOAT FESTIVAL AT LAKE LAS VEGAS

4th Annual Rose Regatta
Saturday, October 13, 2012
Lake Las Vegas

Sponsors:

NEVADA IMAGING CENTERS

AVON Foundation for Women
BREAST HEALTH OUTREACH PROGRAM

susan G. Komen FOR THE cure® SOUTHERN NEVADA

- Southwest Gas Corp.
- Steinberg Diagnostics Medical Imaging
- Whole Foods
- Colliers International

Dragon Boat Paddling: Individuals

Open to both experienced and beginning paddlers. Come out to Lake Las Vegas and paddle for fun and fitness. Dates, times and registration available at *meetup.com/LVDragonBoatClub*.

Teams call 616-4914
LLV: $10 per person or $150 per team

Pink Paddlers Breast Cancer Survivor Team Practices

Advanced registration is required. Survivors call Terry at 497-3385.

1st & 3rd Mondays – May 7 & 21; 6:15-7:15 p.m.; June 4 & 18; July 2 & 16; 6:30-7:30 p.m.
LLV: FREE