Womens*Care* Center Staff

Director: Holly Lyman
Staff: Elizabeth Arbogast; Marie Bevins, RN, IBCLC; Evelyn Castillo; Natalia Cortes; Jennifer Findlay, CLE, CAC; Aidee Flores, CAC; Aneel Flores; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Karen Hartling, IBCLC; Vicky Jeghir, CLC; Kameron Klein; Kimberlee Kobernik; Arla Leins, IBCLC; Samantha Louie; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel, MFT, CAC; Sandie Rapp, RN, CDE; Kim Riddle, CLC; Dorie Rodriguez, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, IBCLC; Adela Victorio, CLE; Nena Yniguez, CLE

All physicians, physician's assistants and other licensed medical professionals listed, pictured or interviewed in WomensCare magazine or calendar of classes are licensed by their respective boards in Nevada.

Location Abbreviations

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

spring calendar

OF CLASSES AND UPCOMING EVENTS

diabetes management

Stanford Diabetes Self-Management Program
Regain control of your life with this 6-week program, which offers support plus healthy eating, medication management and communication skills. Designed to complement your current medical treatment.
Thursday – May 8 until June 12; 1-3:30 p.m.
GREEN VALLEY LIBRARY
2797 N. Green Valley Pkwy.
Thursdays – June 5 until July 10; 10 a.m.-12:30 p.m.
HERITAGE PARK SENIOR FACILITY
300 S. Racetrack Rd.: Call 702.267.2950
Fridays – July 11 until Aug. 15; 9:30 a.m.-noon
HEND

Diabetes Awareness Treatment & Education
American Diabetes Association accredited diabetes education. All insurances welcome and cash discounts available.
Tuesdays & Wednesdays – May 13 & 14, June 10 & 11, July 8 & 9; 9 a.m.-1:30 p.m.
Tuesdays & Wednesdays – May 27 & 28, June 24 & 25, July 29 & 30; 5-9:30 p.m.
HEND: Call 702.616.4975 for registration/pricing

Pre-Diabetes: Avoid the Avoidable
Learn how to avoid or delay diabetes.
Thursday, May 15; 2-4 p.m.
Thursday, June 26; 12:30-2:30 p.m.
HEND: FREE
Wednesday, July 23; 6-8 p.m.
WEST: FREE

Diabetes Support for Tykes & Tweens
Parents and kids with diabetes (up to age 12) learn to overcome obstacles and succeed.
4th Monday – 6-7 p.m.
MAC: FREE

Diabetes for Caregivers
Grandparents, family, friends and babysitters learn to care for a child with Type 1 diabetes! Call 702.616.4904 to register.
Saturday, May 17; 9 a.m.-noon
HEND: FREE

Happy Feet Screening
Feet examination to avoid diabetic-related problems and identify circulation issues.
Saturday, June 21; 1-3 p.m.
HEND: FREE - Appointment required

heart & stroke prevention

Stroke & Aphasia Get Social
Games, fitness and fun for those with stroke or aphasia. Monthly activities vary. Register at *cityofhenderson.com/parks* or 702.267.4065.
1st Tuesdays – May 6, June 3 & July 1; 10:30 a.m.-noon
HENDERSON MULTIGENERATIONAL CENTER
250 S. Green Valley Pkwy., $5

Saving Strokes – Golf Rehabilitation
Free American Heart & Stroke Association golf clinic with PGA Club Professionals specializing in instruction for stroke and heart attack victors; call 702.789.4370 to register.
Friday, May 16; 7:30 a.m.-12:30 p.m.
ANGEL PARK GOLF CLUB

DASH Away From Hypertension
Learn the Dietary Approaches to Stop Hypertension for lowering blood pressure from Sherry Poinier, RD, CDE.
Wednesday, May 21; 9:30-11 a.m.
HEND: FREE

Lower Cholesterol with TLC (Therapeutic Lifestyle Changes)
Get your numbers right through nutrition, exercise, and relaxation from Sherry Poinier, RD, CDE.
Tuesday, May 27; 2-4 p.m.
HEND: FREE

Sharegiver's Training
Stroke survivors and caregivers train to become volunteer peer visitors that support stroke patients during their hospital stay. Call Victor at 702.789.4377 for application and to register.
Monday, June 2; 9:30 a.m.-2:30 p.m.
MAC

Heartsaver CPR/AED
Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for the non-healthcare provider.
Wednesday, May 14; 5-9 p.m.
Wednesday, June 18; 5-9 p.m.
Wednesday, July 30; 5-9 p.m.
WEST: $30 (includes AHA cert. card)

spring calendar

OF CLASSES AND UPCOMING EVENTS

Doctor Lectures

Rehab Talk with a Stroke Doc
Recover, regain and re-engage: The Power of Stroke Therapy with Tony Chin, M.D., licensed physical medicine and rehabilitation specialist.
Thursday, June 26; 6-7 p.m.
MAC

Bariatric Surgery & Support
New procedure discussion and past patient support with David MacIntyre, D.O., licensed in general surgery.
Wednesdays, May 14 & July 9; 6-7:30 p.m. Lecture & 7:30-9 p.m. Support Group
HEND: FREE
Wednesday, June 11; 6-7:30 p.m. Lecture & 7:30-9 p.m. Support Group
WEST: FREE

Evening with A Doc
Carpal tunnel syndrome, tendonitis and arthritis hand treatments with Nitin J. Engineer, M.D., licensed hand surgeon.
Tuesday, May 20; 6-7 p.m.
MAC

Dinner with A Doc
- New concepts in treating neuropathy pain with Peter Bregman, DPM, licensed podiatrist.
  Wednesday, June 4; 6-7 p.m.
  SAN: Seating limited
- Alternatives to surgery for the treatment of knee arthritis with Jeff Grondel, M.D., licensed orthopedic surgeon.
  Tuesday, June 17; 6-7 p.m.
  SAN: Seating limited
- Women's Cancers - reducing the risks with Camille Falkner, M.D., licensed Ob/Gyn.
  Wednesday, July 16; 6-7 p.m.
  SAN: Seating limited

Blood Pressure Screenings
Thursday, June 19; 7-10 a.m.
HEND: FREE
Thursday, July 17; 7-10 a.m.
WEST: FREE

Cardiac Nutrition
Learn to eat for heart health from Sharon Nasser.
Wednesday, July 23; 10-11:30 a.m.
HEND: FREE
Thursday, June 19; 3-4:30 p.m.
WEST: FREE

Aphasia Goes to the Movies
Join us for snacks and *Aphasia: The Movie*, a true story of an actor who, after suffering a massive stroke and losing his ability to read, write and talk, struggles to redefine his life.
Thursday, June 26; 7-8 p.m.
MAC

asthma & COPD control

Better Breathers Club
Join the American Lung Association to learn new ways to manage lung disease and find support. Caregivers welcome.
2nd Thursday – 1-2 p.m.
SMA LIFESTYLE CENTER WEST, 8670 W. Cheyenne Ave, Ste. 105, Las Vegas
4th Thursday – 3:30-4:30 p.m.
MERRILL GARDENS AT GREEN VALLEY RANCH, 1935 Paseo Verde Pkwy., Henderson
Last Thursday – 3-4 p.m.
PRESTIGE CARE AT MIRA LOMA, 2520 Wigwam Pkwy., Henderson

smoke free

Freedom from Smoking
Kick the habit with this supportive, seven-week American Lung Association program.
Tuesdays – June 24-Aug. 5 & Thursday, July 17; 5:30-7 p.m.
SAN: FREE

Nevada Tobacco Users Helpline
When you are ready to stop smoking, a professional counselor will help you individualize a plan for success; call 1.800.QUIT.NOW (1.800.784.8669) or *livingtobaccofree.com.*

Stop Smoking with Hypnosis
Step out of that cloud of smoke once and for all! Wear comfortable clothes and bring a pillow.
Thursday, May 29; 6-8 p.m.
HEND: $25 (includes CD)
Wednesday, June 25; 6-8 p.m.
WEST: $25 (includes CD)

cancer screenings & survivorship

Breast Cancer Prosthesis & Bra Fittings
Uninsured? Receive a free fitted bra and prosthesis; call 702.568.9595.

Mammograms
Uninsured or underinsured? You may qualify for a free mammogram; call R.E.D. Rose Program, 702.616.7525. Funded by Susan G. Komen for the Cure® and the AVON Foundation.

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

screenings

Call 702.616.4900 for screening appointments.

Metabolic Testing
Tuesdays, May 13, June 10 & July 8; 8-10 a.m.
HEND: $45: Call 702.616.4975 for appointment.

LIFELINE Screenings
High cholesterol? High blood pressure? At risk for stroke? Screenings include ultrasound of carotid arteries, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. Visit *lifelinescreening.com* to register or call 1.800.690.0295.
VARIOUS LOCATIONS: $139

Becoming Medicine Wise
Meet individually with licensed pharmacist, Dr. Krystal Riccio, to learn how to take your prescription and over-the-counter medications so they work correctly with minimal side effects.
Wednesday, June 11; 9 a.m.-noon
HEND: FREE - Appointment needed
Wednesday, July 23; 9 a.m.-noon
WEST: FREE - Appointment needed

Health Screenings
Total Cholesterol $5, Lipid Panel (LDL, HDL, triglycerides) $30, Liver Panel $10, Glucose $5, A1C (diabetes) $10, Thyroid panel (TSH & FT4) $10. A 12-hour fast is required.
Thursday, June 12; 7-10 a.m.
HEND: See prices above - Appointment needed
Thursday, July 17; 7-10 a.m.
WEST: See prices above - Appointment needed

Do You See What I See?
Join The Shepherd Eye Center for a free eye screening, prescription check and education about glaucoma and other eye ailments.
Wednesday, June 11; 10 a.m.-noon
HEND: FREE - Appointment needed
Wednesday, July 16; 10 a.m.-noon
WEST: FREE - Appointment needed

CALL **702.616.4900** FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Peripheral Artery Disease Screenings
Do you have signs or symptoms of PAD? Get screened by St. Rose's Radiology Department.
Thursday, July 17; 8 a.m.-noon
HEND: $10 - Appointment needed

immunizations

Shot Records
Find and print your child's official shot record; visit *izrecord.nv.gov* or call 1.877.NV.WEBIZ (1.877.689.3249).

WIC Immunization Clinics
SNIHC offers no-cost immunizations during WIC appointments. Visit *VaxVegas.org* for scheduling information and bring your child's shot records to your appointment.

nutrition

Got SNAP? Supplemental Nutrition Assistance Program
Three Square will help you complete and submit your SNAP application; call 702.616.4905 for an appointment.
1st, 2nd, 3rd Mondays – 1:30-4:30 p.m.
HEND WIC: FREE
4th Monday – 1:30-4:30 p.m.
FTF WIC: FREE

Weight Management Club
Free, weekly weight management group with St. Rose Dominican registered dietitians.
Fridays – 9:30-10:30 a.m.
NEW Evenings! 4th Wednesdays – May 28, June 25 & July 30; 5:30-6:30 p.m.
HEND: FREE

Eating On the Run
Cooking demo and tips for eating healthy on the go with Sherry Poinier, RD, CDE.
Tuesday, June 24; 1-2:30 p.m.
HEND: FREE

Living Gluten Free
Discover if a gluten-free diet is right for you from Sherry Poinier, RD, CDE.
Thursday, July 10; 1-2:30 p.m.
HEND: FREE

Lose Weight with Hypnosis
Let go of the weight-loss struggle using hypnosis. Wear comfortable clothes and bring a pillow.
Wednesday, June 4; 6-8 p.m.
HEND: $25 (includes CD)
Tuesday, May 27; 6-8 p.m.
WEST: $25 (includes CD)

Hypoglycemia Awareness
Learn about hypoglycemia and how to treat it with Sherry Poinier, RD, CDE.
Thursday, July 10; 9:30-11 a.m.
HEND

Nutrition Consultations
Meet one-on-one with a Registered Dietitian for carb counting, metabolic testing, meal planning, Type 1, 2 and gestational diabetes, renal or heart disease, high cholesterol, hypertension, and nutrition recommendations. All insurances welcome and cash discounts available; call 702.616.4975 for appointments and pricing.

fitness

Zumba GOLD
Show aging who's "the boss" with low impact dance for the young at heart.
Wednesdays – 9-10 a.m.
HEND: $5 per session or 5 sessions for $20

Walking Clubs
All ages, fitness levels and strollers welcome. Call 702.616.4902 for seasonal meeting locations.
Mondays & Thursdays – 8:30-9:30 a.m.
HEND: FREE
Thursdays – 8-9 a.m.

Beginner Pilates
Build a strong core with floor exercises.
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 movements that target aging zones.
Tuesdays & Thursdays – 9-10 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: $5 per session or 5 sessions for $20
Mondays & Wednesdays – 9-10 a.m. with Christine & Sharon
Fridays – 10:20-11:20 a.m. with Christine & Sharon
WEST: $5 per session or 5 sessions for $20

Belly Dancing
2nd Saturday – May 10, June 14, July 12; 10:30 a.m.-noon with Goldie
WEST: FREE

Yoga for Beginners (for all levels)
Learn alignment and foundation concepts to deepen your yoga practice.
Mondays – 5:30-6:30 p.m. with Dorothy
HEND: $5 per session or 5 sessions for $20

Paddle for a Purpose

Dragon Boat Paddling: Individuals Paddle for fun and fitness. Open to experienced and beginning paddlers. Dates, times and registration at *meetup.com/LVDragonBoatClub.*
LLV: $10 per person or $200 per team

Rose Regatta Team Registration
Organize 20 paddlers and a drummer and take to the lake to raise funds for breast cancer programs! Registration includes one team training session, equipment use and Rose Regatta dragon boat race entry. Visit *roseregatta.org* for registration and sponsorship opportunities.

Saturday, October 11; 8 a.m.-5 p.m.
LLV: $1,000 per team

Pink Paddlers Breast Cancer Floating Support Group
Registration is required. Survivors call Terry at 702.497.3385.

1st & 3rd Mondays – May 5 & 19, June 2 & 16, July 7 & 21; 6:15-7:15 p.m.
LLV: FREE

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

spring calendar

OF CLASSES AND UPCOMING EVENTS

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, Noon **HEND**; 1st Tuesday, Noon **SAN**
Bereavement Support Group - 2nd & 4th Wednesdays, 6 p.m. **HEND**
Breast Cancer Support - 2nd & 4th Mondays, 6 p.m. **HEND**
Daughters without Mothers - 1st Thursday, 6:30 p.m. **HEND**
Diabetes Support - 1st Wednesday, 10 a.m. **HEND**
Diabetes Support for Tykes & Tweens - 4th Monday, 6 p.m. **MAC**
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**
Infertility Support Group - 2nd Monday, 6 p.m. **SAN**
MDA General Support Group - Saturday, June 21, 10:30 a.m. **HEND**
Multiple Sclerosis Support Group - 3rd Wednesday, 6 p.m. **HEND**
Narcotics Anonymous - Wednesdays, 5:30 p.m. **COND**; Wednesdays, 7 p.m., Thursdays, 7:30 p.m. **SAN**; Mondays, 6:30 p.m. **RAN**
Ostomy Support - 2nd Saturday, 2 p.m. **MAC**
Pediatric Epilepsy Support Group - 2nd Monday, 6 p.m. **MAC**
Prostate Cancer Education and Support - 3rd Wednesday, 7 p.m. **SAN**
Senior Peer Counseling - Call 702.616.4902. **HEND**, **WEST**
Stroke Club @ St. Rose - 4th Thursday, 6 p.m. **MAC**
Substance Abuse Help - 702.486.8250
Suicide Prevention Lifeline - 1.800.273.8255
Surviving Suicide - Bereavement support for adults 1st & 3rd Tuesdays, 6:30 p.m. **HEND**
Transitions - 1st & 3rd Tuesdays, 11 a.m. **HEND**
Widows Support - 1st & 3rd Tuesdays, 2 p.m. **HEND**

Tai Chi
Join Stella Huang to learn graceful Chinese martial art moves to improve balance and relaxation.
Intermediate: Wednesdays – 1:30-2:30 p.m.
Advanced: Wednesdays – 2:30-3:30 p.m.
HEND: $3 per session or 10 sessions for $20

Zumba Fitness
Mondays & Thursdays – 6:15-7:15 p.m. & 7:30-8:30 p.m. with Lucy
NEW Day! Wednesdays – 2-3 p.m. with Lucy
WEST: $5 per session or 5 sessions for $20

Chair Exercise
Practice simple cleansing breathing, stretching, strengthening and fun balance movements while seated in your chair!
Mondays – 9-10 a.m. with Paige
HEND: FREE
Tuesdays – 10-11 a.m. with Paige
WEST: FREE

Flex Fusion
Therapeutic stretching with flexibility for floor or chair exercise.
Thursdays – 3-4 p.m. with Paige
WEST: FREE

wellness

AARP Smart Driver Program
Reduce your car insurance rates with AARP's Smart Driver program.
Monday – May 12, June 9 or July 14; 9 a.m.-1 p.m.
Friday – June 27 or July 25; 1-5 p.m.
HEND: $15 members, $20 non-members (check only)

Medicare ABCD's
Learn to decipher the Medicare maze and maximize Medicare benefits for you and your family.
Tuesday, May 13, June 10 or July 8; 9-10 a.m.
HEND: FREE

Balancing Energy Fields
Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.
2nd Tuesday – May 13, June 10 & July 8; 6-8 p.m.
WEST: $5

Healthier Living
Join Stanford School of Medicine's 6-week, Chronic Disease Self-Management Program to regain control of your life with techniques to deal with frustration, fatigue, pain and isolation; exercise strategies to improve strength, flexibility and endurance; healthy eating; and more!
Wednesdays – May 21 until June 25; 9-11:30 a.m.
UNITED HEALTHCARE LIFESTYLE CENTER: FREE
8670 W. Cheyenne Ave., Ste. #105
Mondays – June 9 until July 14; 1-3:30 p.m.
HEND: FREE
Wednesdays – July 16 until Aug. 20; 9-11:30 a.m.
UNITED HEALTHCARE LIFESTYLE CENTER: FREE
5820 S. Eastern Ave.

Relaxation Meditations
Practice techniques that promote peace and health with Dorothy.
2nd Tuesday – May 13, June 10 & July 8; 5:30-6:30 p.m.
HEND: FREE
1st Tuesday – May 6, June 3 & July 1; 5:45-6:45 p.m.
WEST: FREE

Steps to Avoiding Scams
Learn to avoid popular scams targeting seniors and next steps for victims of financial fraud. Provided by the National Council on Aging (NCOA) in partnership with the Women's Institute for a Secure Retirement and the Bank of America Charitable Foundation.
Saturday, May 31; 2-3 p.m.
HEND: FREE

Humankindness Meditation
Spread kindness and healing through group, guided meditation with Dorothy.
Tuesday, June 17; 5:30-6:30 p.m.
HEND: FREE

Essential Oils
Enjoy a relaxing, educational evening incorporating powerful essential oils into everyday home and personal use.
Wednesday, June 4 & July 23; 6:30-8 p.m.
HEND: FREE

Boot Camp for New Dads

Learn the ropes of caring for your baby and supporting mom from fatherhood veterans.

Tuesday, May 27 or June 24 or July 29; 6-9 p.m.
HEND: $20

CALL **702.616.4900** FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Communication through Sign Language
Learn basic signs to increase communication in this 3-week workshop for adults.
Fridays – June 6, 20, 27; 3:30-5 p.m.
HEND: FREE
Fridays – July 11, 18, 25; 3:30-5 p.m.
WEST: FREE

Safe Sitter
Youth ages 11-16 learn safe, nurturing childcare techniques and medical emergency management.
Tuesday, June 17; 9 a.m.-4:30 p.m.
Monday, July 21; 9 a.m.-4:30 p.m.
HEND: $20 (includes lunch)

Knit To Heal Prayer Shawls
Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Learn to knit or crochet. Yarn donations also appreciated!
2nd & 4th Thursdays – May 8 & 22, June 12 & 26, July 10 & 24; 10 a.m.-noon
HEND: FREE
2nd & 4th Thursdays – May 8 & 22, June 12 & 26, July 10 & 24; 1-3 p.m.
WEST: FREE

Summer Solstice Labyrinth Walk
Celebrate the new season and count your blessings with each step through the labyrinth.
Friday, June 20; 2-4 p.m.
HEND: FREE
Thursday, July 24; 6-8 p.m.
SAN LABYRINTH, next to ER: FREE

Memory Reset
Increase your memory and recall with hypnosis. Wear comfortable clothes and bring your pillow.
Wednesday, May 21; 6-8 p.m.
WEST: $25 (includes CD)

The Mind Spa
Explore and understand your thoughts, feelings and goals through creative journaling with Dorothy, certified stress management educator. Bring a notebook and pen.
Friday, July 18; 3-4 p.m.
HEND: FREE

Safety and Self Defense
Learn "how not to" become a victim with basic self defense moves and safety tips from Officer Raymond Wilkins, Henderson Police Department.
Saturday, July 19; 10 a.m.-noon
RAN: FREE

Tea & Talk Book Club
Call 702.616.4900 for monthly book titles.
3rd Thursday – May 15, June 19 & July 17; 2:30-3:30 p.m.
HEND: FREE

Self Hypnosis for Change
Learn to harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.
Tuesday, June 17; 6-8 p.m.
WEST: $25 (includes CD)

Senior Peer Counseling
Over 50? Need a trained peer counselor to listen? Call 702.616.4902 for appointment.
HEND; WEST; RDL; SAN

Energy Healing Circle
Reduce stress and heal with chakra balancing and healing circle with Anna.
1st Tuesday – May 6, June 3 & July 1; 7-8 p.m.
WEST: FREE

Help Helping Hands!
Wanted: Volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping. Call 702.616.6554 to volunteer.

pregnancy & childbirth

Call 702.616.4900 (24 hours, 7 days a week) for class dates and more information.

Text4Baby
Text BABY to 511411 to get FREE messages on your cell phone for tips and reminders throughout your pregnancy and your baby's first year.

Fit 4 Baby
Prenatal fitness with interval-based cardio, stretching and balancing exercises. Register at *lasvegas.fit4mom.com* or 702.882.1795.
Saturdays – 10-11 a.m.
HEND: 10 classes for $110

Car Seat Safety Checks
Call 702.616.4902 for appointment.
1st Tuesday – May 6, June 3, July 1; 1-3 p.m.
WEST: $10
2nd Friday – May 9, June 13, July 11; 3-5 p.m.
HEND: $10
3rd Friday – May 16, June 20, July 18; 3-5 p.m.
FTF: $10

Prenatal Yoga
Bond with baby and trust the birthing process, with Cindy Lydon, certified whole birth prenatal yoga instructor.
Saturdays – 12:45-1:45 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

Sweet Peas NICU Support Group
Parent educational support.
Wednesdays – 1-2 p.m.
SGR

breastfeeding

Breastfeeding Helpline
Certified Lactation Consultants or Counselors help address your breastfeeding questions and concerns; call 702.616.4908.

Breastfeeding Consultations
Private appointment with a certified lactation consultant or counselor; call 702.616.4902.
HEND: $50 for St. Rose Dominican patients; $75 for all other clients.

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

Breastpump Rentals
Rent the Medela Symphony, a hospital-grade, double-electric pump.
HEND; WEST: $60 per month

Prenatal Classes

Call 702.616.4900 to register (24 hours, 7 days per week).

Baby Basics - $30 - HEND & WEST
Boot Camp for New Dads - $20 - HEND
Breastfeeding - $30 - HEND & WEST
Childbirth Express - $35 - HEND
Infant CPR - $20 - HEND & WEST
Pregnancy Smoking Cessation - Call the Nevada Tobacco Users Helpline, 702.877.0684
Pregnancy Substance Abuse - Get Help: 702.486.8250
Prepared Childbirth - $50 - HEND & WEST
San Martín Campus Free Maternity Tours - 3rd Saturday mornings or 1st Tuesday evenings
Siena Campus Free Maternity Tours - 3rd Saturday afternoons or 4th Monday evenings

Dignity Health
St. Rose Dominican

102 East Lake Mead Parkway
Henderson, Nevada 89015
702.616.4900
StRoseHospitals.org

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FROM LEFT TO RIGHT: Dr. Mark Stradling, Dr. Douglas Lorenz, Dr. Surjeet Singh, Dr. Rajy Rouweyha, Dr. Rudy Manthei, Dr. Glen Hatcher, Dr. Darrick Neibaur, Dr. Shoib Myint, Dr. Douglas Orton, Dr. Vincent Gassen.

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Call 702-896-6043 to schedule your appointment today.

Nevada Eye & Ear
www.nevadaeyeandear.com

2598 Windmill Parkway
Henderson, Nevada 89074

9100 W. Post Road
Las Vegas, Nevada 89148

2020 Goldring Avenue
Las Vegas, Nevada 89106

893 Adams
Boulder City, Nevada 89005

3640 S. Highway 160, Suite 101
Pahrump, Nevada 89048

1301 Bertha Howe Avenue, Suite 1
Mesquite, NV 89027

**Not all physicians shown*