



## ONLINE CLASSES

# Healing with humankindness.

As we face times of uncertainty, we may find ourselves feeling anxious and stressed. St. Rose Dominican Community Health is here for you every step of the way. Although our in-person classes have been temporarily cancelled, we can continue to educate and empower you during this challenging time.

Join us online! Visit [StRoseHospitals.org/virtualclasses](https://www.strosehospitals.org/virtualclasses) to access our virtual classes or call 702.616.4902 for more information.



### Wellness

- Bereavement Support Group
- Chronic Pain Self-Management
- Diabetes 101
- Eating for a Healthy Heart
- Medication Therapy Management
- Mental Health First Aid Training
- Powerful Tools for Caregivers
- Prediabetes
- Tai Ji Quan: Moving for Better Balance
- Weight Management



### Fitness

- Fun Fitness
- High Fitness
- Meditation
- Strong 30
- Trauma Recovery Yoga
- Zumba



### Infants, Children, and Parenting

- Baby Basics
- Breastfeeding
- Infant Play and Learn
- Parenting Support
- Prenatal/Postpartum Support Group
- Prepared Childbirth
- Toddler Time
- Virtual Birth Center Tours
- Zumbini



### Resources

- Cluck it Farm
- Golden Groceries
- Senior Food Pantry
- Medicare Assistance Program
- Nevada Health Link
- Senior Peer Counseling