Calendar of Events
February 14-March 31, 2017

Tuesday, February 14, 2017
12:00pm-1:00pm
Vitality Series: Laughter & Play
Yuma Regional Medical Center Cancer Center
Legacy Conference Room
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

6:00pm-7:30pm
Healthy Kids Session 10
Various locations in San Luis, AZ
Healthy Kids is a free 6 week program for kids ages 8-12 and their parents/guardian. During the 6 week program participants will learn the importance of healthy eating and staying active by attending educational and interactive sessions. These sessions will be taught in Spanish and will take place in various locations around the San Luis, AZ community. Sessions include exercise education, cooking demonstration, nutrition education and more! For more information call (928) 336-7930.

Wednesday, February 15, 2017
12:00pm-1:30pm
Hope Brigade Support Group
Yuma Regional Cancer Center, Legacy Conference Room, 2375 S. Ridgeview Drive, Yuma, AZ
Support groups are a place for people to give and receive emotional and practical support, as well as exchange information. Individuals with cancer, caretakers, as well as their friends and families find support groups to be a valuable resource - a place where people can share information, get confirmation that their feelings are "normal," educate others, and/or just let off steam. These groups are "open groups" meaning anyone can start or stop attending when they wish. Plus, there's no fee and beverages are provided. For more information call (928) 336-1999.

Thursday, February 16, 2017
5:30pm-7:30pm
Sibling Class
Yuma Regional Medical Center Corporate Center
This class prepares siblings for the arrival of their baby brother or sister. $10 per child, each additional child $5. For more information call (928) 336-7058.

6:00pm-7:00pm
Vitality Series: Gentle Stretching
Yuma Regional Medical Center Administration Building - Conference Rooms
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

Monday, February 20, 2017
6:00pm-9:00pm
Newborn Care Class
Yuma Regional Medical Center Corporate Center
This class is focused on teaching parents how to care for a newborn. $10 per couple. For more information call (928) 336-7058.

Tuesday, February 21, 2017
12:00pm-1:00pm
Vitality Series: Tai Chi
Yuma Regional Medical Center Cancer Center
Legacy Conference Room
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

5:00pm
Weight Loss Surgery Seminar
Yuma Regional Medical Center Administration Building - Conference Rooms
We invite you to attend one of our two monthly seminars to learn more about weight loss surgery options. For more information call (928) 336-LITE (5483).

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8:30am to 9:30am
Coffee and Conversation
YRMC Corporate Center
Listen to Dr. Schorr speak about the Science and Symptoms of the Endocrine Diseases. For more information call 928-336-3100.

Wednesday, February 22, 2017
6:00pm-8:00pm
Breastfeeding Class
Yuma Regional Medical Center
Learn breastfeeding skills and techniques to best feed your newborn. $10 per couple. For more information call (928) 336-7058.

6:00pm-7:30pm
Spanish Cancer Support Group
Yuma Regional Cancer Center, Legacy Conference Room, 2375 S. Ridgeview Drive, Yuma, AZ
Support groups are a place for people to give and receive emotional and practical support, as well as exchange information. Individuals with cancer, caretakers, as well as their friends and families find support groups to be a valuable resource - a place where people can share information, get confirmation that their feelings are "normal," educate others, and/or just let off steam. These groups are "open groups" meaning anyone can start or stop attending when they wish. Plus, there's no fee and beverages are provided. For more information call (928) 336-1999.

Thursday, February 23, 2017
6:00pm-7:00pm
Vitality Series: Power of the Mind 2
Yuma Regional Medical Center Administration Building - Conference Rooms
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

Tuesday, February 28, 2017
12:00pm-1:00pm
Vitality Series: Chair Yoga
Yuma Regional Medical Center Cancer Center- Legacy Conference Room
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

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**Wednesday, March 1, 2017**

6:00pm-7:30pm

**Hope Brigade Support Group**

**Greater Yuma Economic Development Corporation Office**, 899 E. Plaza Circle #2, Yuma, AZ

Support groups are a place for people to give and receive emotional and practical support, as well as exchange information. Individuals with cancer, caretakers, as well as their friends and families find support groups to be a valuable resource—a place where people can share information, get confirmation that their feelings are "normal," educate others, and/or just let off steam. These groups are "open groups" meaning anyone can start or stop attending when they wish. Plus, there's no fee and beverages are provided. For more information call (928) 336-1999.

**Thursday, March 2, 2017**

3:00pm

**Maternity Tour**

**Yuma Regional Medical Center Labor & Delivery**

Expecting mothers and their spouses are welcomed to join us for a guided tour of the Maternity Area at Yuma Regional Medical Center. For more information call (928) 336-7058.

**6:00pm-7:00pm**

**Vitality Series: Gentle Stretching**

**Yuma Regional Medical Center Administration Building - Conference Rooms**

Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

**7:00pm-8:30pm**

**Breast Cancer Support Group**

**Yuma Regional Cancer Center, Legacy Conference Room, 2375 S. Ridgeview Drive, Yuma, AZ**

Support groups are a place for people to give and receive emotional and practical support, as well as exchange information. Individuals with cancer, caretakers, as well as their friends and families find support groups to be a valuable resource—a place where people can share information, get confirmation that their feelings are "normal," educate others, and/or just let off steam. These groups are "open groups" meaning anyone can start or stop attending when they wish. Plus, there's no fee and beverages are provided. For more information call (928) 336-1999.

**Friday, March 3, 2017**

9:00am

**Weight Loss Surgery Seminar**

**Yuma Regional Medical Center Administration Building - Conference Rooms**

We invite you to attend one of our two monthly seminars to learn more about weight loss surgery options. For more information call (928) 336-LITE (5483).

**Monday, March 6, 2017**

7:00pm

**Pregnancy & Newborn Loss Support Group**

**Sonora Sunset Apartment Complex, 3751 W. 24th Street Yuma, AZ**

Death at the beginning of life produces a special kind of grief that is difficult to put into words and for others to understand. YRMC recognizes the need for healing support for people who have experienced pregnancy or newborn loss. Each person’s emotional and grief response is different. Our hope is to facilitate support and healing for parents who have lost a pregnancy or newborn. For more information call (928) 336-4777.

**Tuesday, March 7, 2017**

12:00pm-1:00pm

**Vitality Series: Tai Chi**

**Yuma Regional Medical Center Cancer Center-Legacy Conference Room**

Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

**4:00pm-5:30pm**

**Tobacco Education Class**

**Yuma Regional Cancer Center, Knowledge Conference Room, 2375 S. Ridgeview Drive, Yuma, AZ**

Yuma County Public Health Services District and Yuma Regional Medical Center have partnered to develop a support program to help anyone who wants to quit tobacco use. These informative, one-hour classes provide an overview of tobacco health hazards, tobacco use and support on how to quit. For more information call (928) 336-7958.

**6:00pm-7:30pm**

**Healthy Kids Session 10**

**Various locations in San Luis, AZ**

Healthy Kids is a free 6 week program for kids ages 8-12 and their parents/guardian. During the 6 week program participants will learn the importance of healthy eating and staying active by attending educational and interactive sessions. These sessions will be taught in Spanish and will take place in various locations around the San Luis, AZ community. Sessions include exercise education, cooking demonstration, nutrition education and more! For more information call (928) 336-7930.

**6:00pm-9:00pm**

**Chilbirth Preparation Class**

**Yuma Regional Medical Center Corporate Center**

This 6-week course aims to help parents prepare for childbirth. This course is available Tuesday or Wednesday nights. $40 per couple. For more information call (928) 336-7058.

**Wednesday, March 8, 2017**

6:00pm-9:00pm

**Chilbirth Preparation Class**

**Yuma Regional Medical Center Corporate Center**

This 6-week course aims to help parents prepare for childbirth. This course is available Tuesday or Wednesday nights. $40 per couple. For more information call (928) 336-7058.

**Thursday, March 9, 2017**

12:30pm

**Huffer and Puffer Support Group**

**Yuma Regional Medical Plaza Conference Room**

The support group is open to anyone with lung disease who wants to learn more about their disease and associate with others who may have the same diagnosis. We usually have a guest speaker who will give information on some aspect of lung disease along with a social event in the fall. For more information call (928) 336-1015.

**6:00pm-7:00pm**

**Vitality Series: Power of the Mind**

**Yuma Regional Medical Center Administration Building - Conference Rooms**

Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

**Tuesday, March 14, 2017**

12:00pm-1:00pm

**Vitality Series: Decluttering Your Life**

**Yuma Regional Medical Center Cancer Center-Legacy Conference Room**

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**6:00pm-7:30pm**

**Healthy Kids Session 10**

**Various locations in San Luis, AZ**

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Wednesday, March 15, 2017
12:00pm-1:30pm
Hope Brigade Support Group
Yuma Regional Cancer Center, Legacy Conference Room
2375 S. Ridgeview Drive, Yuma, AZ
Support groups are a place for people to give and receive emotional and practical support, as well as exchange information. Individuals with cancer, caretakers, as well as their friends and families find support groups to be a valuable resource—a place where people can share information, get confirmation that their feelings are “normal,” educate others, and/or just let off steam. These groups are “open groups” meaning anyone can start or stop attending when they wish. Plus, there’s no fee and beverages are provided. For more information call (928) 336-1999.

Thursday, March 16, 2017
6:00pm-7:00pm
Vitality Series: Gentle Stretching
Yuma Regional Medical Center Administration Building - Conference Rooms
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 336-7164.

Friday, March 17, 2017
8:30am to 9:30am
Coffee and Conversation
YRMC Corporate Center
Join us for a presentation on ABCDs of Medicare and Medicaid Karl Koenig. For more information call 928-336-3100.

Monday, March 20, 2017
6:00pm-9:00pm
Newborn Care Class
Yuma Regional Medical Center Corporate Center
This class is focused on teaching parents how to care for a newborn. $10 per couple. For more information call (928) 336-7058.

Tuesday, March 21, 2017
12:00pm-1:00pm
Vitality Series: Meditation
Yuma Regional Medical Center Cancer Center-Legacy Conference Room
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

5:00pm
Weight Loss Surgery Seminar
Yuma Regional Medical Center Administration Building - Conference Rooms
We invite you to attend one of our two monthly seminars to learn more about weight loss surgery options. For more information call (928) 336-LITE (5483).

5:00pm
Bariatric Program Support Group
Yuma Regional Bariatric Surgery Clinic
We invite you to attend our monthly support group where you can meet patients who have undergone the procedure and learn about their experiences. For more information call (928) 336-LITE (5483).

Wednesday, March 22, 2017
6:00pm-7:30pm
Spanish Cancer Support Group
Yuma Regional Cancer Center, Legacy Conference Room, 2375 S. Ridgeview Drive, Yuma, AZ
Support groups are a place for people to give and receive emotional and practical support, as well as exchange information. Individuals with cancer, caretakers, as well as their friends and families find support groups to be a valuable resource—a place where people can share information, get confirmation that their feelings are “normal,” educate others, and/or just let off steam. These groups are “open groups” meaning anyone can start or stop attending when they wish. Plus, there’s no fee and beverages are provided. For more information call (928) 336-1999.

Thursday, March 23, 2017
6:00pm-7:00pm
Vitality Series: Brain Games
Yuma Regional Medical Center Administration Building - Conference Rooms
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Thursday, March 30, 2017
6:00pm-8:00pm
Breastfeeding Class
Yuma Regional Medical Center
Learn breastfeeding skills and techniques to best feed your newborn. $10 per couple. For more information call (928) 336-7058.

Monday, March 27, 2017
8:30am to 9:30am
Coffee and Conversation
YRMC Administrative Building
Listen to Dr. Sarah Sullivan Stroke Prevention and Symptoms. For more information call 928-336-3100.

Tuesday, March 28, 2017
12:00pm-1:00pm
Vitality Series: Mind Body & You
Yuma Regional Medical Center Cancer Center-Legacy Conference Room
Vitality Series is brought to you through a partnership with Arizona Western College and Yuma Regional Medical Center to encourage individuals to balance a healthy lifestyle. For more information call (928) 317-7614.

Wednesday, March 29, 2017
6:00pm-8:00pm
Breastfeeding Class
Yuma Regional Medical Center
Learn breastfeeding skills and techniques to best feed your newborn. $10 per couple. For more information call (928) 336-7058.

Thursday, March 30, 2017
8:30am to 9:30am
My Care Computer Class
YRMC Corporate Center
Learn how to access your electronic health records. For more information call 928-336-3100.

12:00pm-1:00pm
Vitality Series: Tai Chi
Yuma Regional Medical Center Administration Building - Conference Rooms
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