

## Calendar of Events

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October 4, 2025

### **9th Annual Sky Island Tour Cycling Event**

**The Mall at Sierra Vista - East Dillard's Parking Lot**

**2200 El Mercado Loop**

**Sierra Vista, AZ 85635**

06:00 AM - 11:00 AM MT

Kari Ferrell, 520-459-3228

kferrell@namiseaz.org

*The Sky Island Tour is NAMI Southeastern AZ's signature fall fundraiser, helping sustain the free mental health programs and services we provide right here in our community. These services support individuals and families across Cochise County who are impacted by serious mental health conditions.*

*This exciting event draws cyclists from across Arizona and beyond to experience the stunning scenery of our region—and brings new faces right to our local businesses. Last year, nearly 200 riders participated, along with their friends and family.*

*The Tour offers rides for every level, including:*

*A Metric Century (100km / 62 miles) through Sierra Vista, Bisbee, and surrounding areas*

*Additional rides of 44 miles, 30 miles, 20 miles, and a 5-mile family fun ride*

*The event also features food trucks and live music, creating a family-friendly atmosphere.*

October 7, 2025

**Your Values, Your Vision, Your Legacy: A Free Estate Planning Workshop**

**Tirrito Farms**

**6150 S Kansas Settlement Rd**

**Willcox, AZ 85643**

**04:00 PM - 06:00 PM MT**

**Colleen Iuliucci, 520-505-3678**

**ciuliucci@azfoundation.org**

*Join the Arizona Community Foundation and the Northern Cochise Community Fund for a fun, free and informative charitable giving seminar! Learn how you can support the causes you care about most while taking care of your loved ones and offering potential tax advantages.*

*This is a free, educational event — no solicitations, just great tips, tax-smart giving ideas, and community connection.*

*You'll learn how thoughtful gift planning through your estate can work and simple, meaningful ways to make a difference in your community in this one-hour presentation and get answers to your questions during the following 30-minute Q&A.*

*Light refreshments and wine will be provided. RSVP via email to ciuliucci@azfoundation.org to secure your spot.*

*Tuesday, October 7, from 4:00-6:00pm*

*Tirrito Farms*

*6150 S Kansas Settlement Rd*

*Willcox, AZ 85643*

October 8, 2025

**Sky Islands 101 - Getting the Most Out of Your Partnership Membership**

**Sky Islands Regional Partnership**

**21 East Wilcox Drive**

**Sierra Vista, AZ 85635**

**12:00 PM - 01:00 PM MT**

**Maria Jimenez, 520-458-6940**

**events@skyislandsrp.com**

*Meet your Sky Islands Regional Partnership Staff during an interactive session that will help you get the most out of your new Partnership membership.*

*Including:*

*How to use the Partnership Website*

*Sponsorship/Advertising Opportunities*

*Small Business Resources Available*

*Business Advocacy*

*Social Media Opportunities and Coaching*

*Partnership Yearly Accomplishments*

*Upcoming Sky Islands Events*

*Please bring a laptop to follow along on the tour of our website!*

*Service Animal Policy*

*To ensure a safe and comfortable experience for all guests, only certified service dogs trained to assist individuals with disabilities are permitted at this event. Please note that emotional support, therapy animals, or pets are not allowed.*

*Thank you for your understanding and cooperation.*

October 8, 2025

**CAS Fall Festival**  
**Center for Academic Success**  
**900 Carmelita Dr.**  
**Sierra Vista, AZ 85635**  
04:00 PM - 06:00 PM MT  
Caty Auger, 520-439-3516  
cauger@cpic-cas.org

*Fall Festival Alert! Join us on October 8th from 4-6 PM for an unforgettable evening of food, drinks, music, and movies! Costumes encouraged! So, come dressed to impress! What are you most excited for? Let us know in the comments!*

*#FallFestival #CostumeParty #FunTimes #FamilyFun #communityEngagement  
#FamilyEngagement*

October 9, 2025

**Digital Fort Knox: Safeguarding Your Finances in a Cyber-Connected World**  
**Microsoft Teams**

12:30 PM - 01:00 PM MT  
Nicole Di Modica, 6239723133  
nicole.dimodica@ampf.com  
*Hosted By: Affirm Wealth Advisors, a private wealth advisory practice of Ameriprise Financial, LLC*  
*Presented By: Mike Gombrich, Private Wealth Advisors & Garrett Smith, Financial Advisor*

*In a world where cyber threats are constantly evolving, your financial security is only as strong as your digital defenses. This seminar dives into the intersection of cybersecurity and personal finance, showing you how to protect your assets, identity, and investments from online risks. Learn how to build a virtual fortress around your finances, detect hidden threats, and stay one step ahead of cybercriminals. Walk away with the confidence and tools to safeguard your wealth in an ever-connected, high-tech world.*

*To reserve a spot: call us at 520.459.1652 or visit [affirmwealthadvisors.com](https://affirmwealthadvisors.com).  
You must RSVP to receive access credentials for this event or seminar*

October 10, 2025

**Sky Islands 5th Annual Golf Scramble**  
**Sierra Vista Golf Center at Pueblo Del Sol**  
**2770 Saint Andrews Dr.**  
**Sierra Vista, AZ 85650**  
08:30 AM - 02:00 PM MT  
Maria Jimenez, 520-458-6940  
events@skyislandsrp.com  
*Come out and join us for the*  
*Sky Islands 5th Annual Golf Tournament*

*\*EARLY-BIRD PRICING \$85 Per Golfer. \$340 Per Foursome.*  
*Includes cart, lunch, swag bag & 18 holes.*  
*See pricing details below.*

*Hole-in-One Grand Prize! - Side-by-Side provided by Sierra Cycles!*

*\*ONLY with Early-Bird Registration*

*Not a Golfer? No Problem!*

*Join us for this year's Scramble, where fun and creativity take the lead.*

*Bring some cash to enjoy our beverage and snack cart out on the fairways. Start your day with grab-and-go breakfast item, and don't miss our delicious taco bar for lunch.*

*Prizes await for First, Second, and Third place, as well as for the Closest to the Pin and Longest Drive.*

*Don't miss out on a fantastic day filled with laughter, unique challenges, and great company.*

*This year's event is sure to be a hole-in-one!*

*Tee Time: 8:30AM*  
*Registration Table Opens: 7:00AM*

*\*\*Interested in donating a prize for our winners? Please visit the link below to upload your prize.\*\**

*[Click Here to Donate](#)*

**REGISTRATION CLOSES OCTOBER 6TH!**

*It is highly recommended that you register online before the event as there is limited space, and paying at the door may not guarantee a slot. Should you pay at the door, please note that this will incur an additional convenience fee of \$10 over the late registration cost of \$100.00 members / \$125 non-members.*

**EARLY BIRD PRICING Until September 20th**  
**Partnership Member: \$85.00**  
**Non-Partnership Attendee: \$100.00**  
**Foursome (4): \$340.00**

**LATE REGISTRATION PRICING September 21st - October 6th**  
**Partnership Member: \$100.00**  
**Non-Partnership Attendee: \$125.00**  
**Foursome (4): \$400.00**

**AT THE DOOR PRICING**

*\*All Attendees (including members): \$110.00*

*Foursome (4): \$440.00*

*\*Pending availability.*

**Service Animal Policy**

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*Thank you for your understanding and cooperation.*

**REGISTRATION CLOSES OCTOBER 6TH!**

*All amounts are Non-Refundable once paid!*

*Interested in Sponsoring this event?*

*Check out our Sponsorship options below!*

October 11, 2025

**Are you expecting? Attend our Childbirth Class**

**Canyon Vista Medical Center - Medical Office Building #2 Thrive Classroom**

**5750 AZ-90**

**Sierra Vista, Ar 85635**

09:00 AM - 05:00 PM MT

Natoyah Swift, 5202633299

natoyah.swift@canyonvistamedicalcenter.com

*Are you expecting a child soon?*

*Make sure to attend one of our monthly Childbirth Classes.*

*Saturdays: 7/19, 8/16, 9/13, 10/11, 11/15, 12/13*

*9am to 5pm*

*Optional tour to follow class*

**LOCATION**

*Canyon Vista Medical Center*

*Thrive Classroom*

- Park in Medical Building 2 parking lot*
- On the right side of the building, you will see the Thrive sign*
- Enter through that side door*
- 1st classroom on the left*

*\$10 fee, covers entire class for mom and partner.*

*Register Online [tinyurl.com/CVMCChildBirth](https://tinyurl.com/CVMCChildBirth)*

*More Information*

*Call Women and Newborn Services 520.263.3320*

October 16, 2025

**Business @ Twilight - October 16th**

**Best Western Plus Sun Canyon**

**260 N Garden Ave.**

**Sierra Vista, AZ 85635**

05:00 PM - 07:00 PM MT

Maria Jimenez, 5204586940

events@skyislandsrp.com

*Business @ Twilight is an excellent opportunity for you to build relationships through networking with your fellow Partnership Members and other local business leaders.*

*Hosted by Best Western Plus San Canyon - Don't miss it!*

**\*\*REGISTRATION CLOSES 2 DAYS PRIOR TO EVENT!\*\***

*Service Animal Policy*

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*Thank you for your understanding and cooperation.*

October 17, 2025

**Sierra Vista Community Theatre- The Producers A Mel Brooks Musical**

**Sierra Vista Community Theatre**

**2200 El Mercado Loop, Suite 1200 (In the Mall at Sierra Vista)**

**Sierra Vista, AZ 85635**

07:00 PM - 09:00 PM MT

Elisabeth Tyndall, 4434772942

elizabeth.t@svcommunitytheatre.org



October 18, 2025

### **Community Praise in the Park**

**Veterans Memorial Park**

**3105 Fry Blvd**

**Sierra Vista , AZ 85635**

12:00 PM - 04:00 PM MT

Thaldaria Turner, 520-559-8277

truevineministriesint07@gmail.com

*True Vine Ministries*

*We are excited to extend an invitation to you for our annual Community Praise in the Park event, hosted by True Vine Ministries International. This year's celebration will be held on October 18, 2025, at Veterans Memorial Park, starting at 12:00 PM. Our theme for this year is "Positioned for Purpose" inspired by the scripture II Timothy 1: 9-10 (KJV), : "who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began, but is now made manifest by the appearing of our Saviour Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel."*

*Community Praise in the Park is a joyous occasion where we come together to worship, fellowship, and celebrate the love of Jesus Christ. The event will feature uplifting music, inspiring messages, prayer sessions, and activities for all ages. All musicians, praise and worship teams, solos, Christian artists, praise dancers, etc. are invited. This is a wonderful opportunity to experience the presence of God in the beauty of His creation.*

October 18, 2025

### **Harvest Festival**

**Echoing Hope Ranch**

**8344 S. Hereford Rd.**

**Hereford, AZ 85615**

10:00 AM - 02:00 PM MT

Amanda Paddock, 520-508-2087

amanda.paddock@echoinghoperanch.org

*Echoing Hope Ranch's annual Harvest Festival. October 18, 2025, 10am - 2pm. Over 50 vendors that include food trucks, arts, crafts, and community resources. Will also be offering hay rides, petting zoo, face painting, and other games.*

*8344 S. Hereford Rd.*

*Hereford, AZ*

October 21, 2025

## **Conversations About Health Series - Fall 2025**

**Cochise College, Downtown Center**

**2600 E Willcox Dr.**

**Sierra Vista, AZ 85635**

**01:00 PM - 02:00 PM MT**

**Natoyah Swift, 5202633299**

**natoyah.swift@canyonvistamedicalcenter.com**

**Fall 2025 Conversations About Health Series**

### *Empowering Health Through Education*

*Canyon Vista Medical Center proudly presents the Fall 2025 Conversations About Health Series — a free educational initiative designed to inspire and empower our community to live healthier, more informed lives. Hosted at Cochise College Downtown Center (Room G106), this series features engaging presentations from medical professionals on critical health topics that impact daily life.*

#### *Topics and Dates:*

#### *Respiratory Illnesses 101: What You Need to Know (Sep 2)*

*By Dr. Elena Kwon*

*Dr. Elena Kwon, Emergency Room Medical Director, will share important information on respiratory illnesses—including Flu, COVID-19, and RSV. Learn how to protect yourself and your loved ones this season.*

#### *Furthering our Goal of Making Cochise County Healthier (Sep 30)*

*By Canyon Vista Medical Center Executive Team*

*They will share updates on the hospital and how CVMC intends to keep care close to home with new technology, growth in services and collaboration with Cochise College.*

#### *Stroke Awareness: Signs and Treatment (Oct 21)*

*By Dr. Yanny Phillips*

*Stroke, also known as "brain attack", is the second leading cause of death and the third most common reason for long-term disability in the world. Dr. Yanny Phillips, Neurology, will review current treatment guidelines and give tips for healthy lifestyle choices to help decrease the risk of having a stroke.*

#### *Mood Changes & When to Seek Help (Nov 18)*

*By CVMC Behavioral Health Team*

*Mood changes like anxiety and depression are common, but when they become persistent or start affecting daily life, it may be time to seek help. The BHU team will cover the basics on moods change and how to recognize the signs for when it's time to reach out for help.*

#### *Nutrition and Medicine: The Relationship and Importance of Both (Dec 2)*

*By CVMC Dietician, Anna Keefe*

*Nutrition and medicine go hand in hand—while medicine treats illness, good nutrition can help prevent it and support recovery. CVMC Dietician Anna Keefe will explain how a*

*balanced diet aids healing and may reduce the need for some medications.*

*Location:*

*Cochise College Downtown Center, Room G106  
2600 E. Wilcox Drive, Sierra Vista, AZ 85635*

*Time: 1:00 - 2:00 PM (All Sessions)*

*Cost: FREE*

*Join us for these engaging discussions designed to inform, educate, and inspire healthy living. For more details, visit [CanyonVistaMedicalCenter.com/events](http://CanyonVistaMedicalCenter.com/events) or call Cochise College Center of Life-Long Learning at 520-515-5492.*

October 21, 2025

**Ribbon Cutting - Sierra Vista Realty**

**Sierra Vista Realty**

**301 N. Garden Ave.**

**Sierra Vista, AZ 85635**

05:00 PM - 06:30 PM MT

Maria Jimenez, (520) 458-6940

events@skyislandsrp.com

*??? Join Us for a Special Ribbon Cutting Celebration! ???*

*We're celebrating 65 incredible years of Sierra Vista Realty serving our amazing community — and you're invited to be part of the fun! ??*

*? 301 N. Garden Ave, Sierra Vista, AZ 85635*

*? Tuesday, October 21, 2025*

*? Ribbon Cutting at 5:00 PM*

*Come out and enjoy:*

*? Non- & Alcoholic Beverages*

*? Tasty Appetizers*

*? Exciting Giveaways*

*?? Raffle Prizes*

*? Fun, Friends & Community Spirit*

*For 65 years, Sierra Vista Realty has been proud to help people find home — and now it's time to celebrate that legacy together! Let's raise a glass, cut the ribbon, and kick off the next chapter with the people who made it all possible — YOU!*

*? Bring your friends and join the celebration — we can't wait to see you there!*

October 21, 2025

**Private Showing of Sherlock Holmes and the Crime of the Century**

**The K Palace Theater**

**290 S. Huachuca Blvd**

**Huachuca City, AZ 85616**

06:00 PM - 09:00 PM MT

Nicole Di Modica , 5203382600

nicole.dimodica@ampf.com

*We are thrilled to invite you and your friends to a special evening at The K Palace Theater for a private*

*showing of Sherlock Holmes and the Crime of the Century on Tuesday, October 21.*

*This event is a great*

*opportunity to relax, enjoy some refreshments and connect with our*

*team—complimentary popcorn*

*and beverages will be served!*

*6:00PM - Doors Open*

*7:00PM - Show Starts*

October 24, 2025

**Haunted Union - Sierra Vista Campus**

**Cochise College Sierra Vista Campus**

**901 N. Colombo Ave**

**Sierra Vista, AZ 85635**

05:30 PM - 09:00 PM MT

Student Government Association, 800-966-7943

marketing@cochise.edu

*Cochise College will welcome the community to its annual Haunted Union on Friday, Oct. 24, from 5:30 p.m. to 9 p.m. at the Sierra Vista Campus, 901 North Colombo Avenue in Sierra Vista.*

*The Halloween-themed carnival is open to the public and offers families, students and community members an evening of fun games, activities and a costume contest for all ages.*

*Admission is free and carnival activity tickets cost only \$0.50 each. Booths will be operated by Cochise College student clubs with proceeds supporting club projects and initiatives throughout the academic year.*

October 24, 2025

**Ribbon Cutting - Guild Mortgage Company LLC**

**Guild Mortgage**

**400 W Fry Blvd. Ste. 6**

**Sierra Vista, AZ 85635**

03:00 PM - 05:00 PM MT

Maria Jimenez, 520-458-6940

*??? Ribbon Cutting Celebration – You're Invited! ???*

*Join Guild Mortgage as we celebrate a new chapter in Sierra Vista!*

*? 400 W Fry Blvd, STE 6*

*? Friday, October 24th*

*? 3:00 PM*

*We're excited to welcome the community to our new office location and celebrate over 10 years of service right here in Sierra Vista! ?*

*? Proudly ranked in the Top 3 of Best of Sierra Vista for multiple years — and named #1 Mortgage Lender in 2025!*

*At Guild Mortgage, we're not just about loans — we're about building relationships for life. ?*

*?Come enjoy:*

*? Refreshments & appetizers*

*? Office tours*

*? Networking & community connections*

*Let's cut the ribbon together and celebrate the future of homeownership in Sierra Vista!*

October 25, 2025

**Life Care Center of Sierra Vista Inaugural Golf Tournament**

**Sierra Vista Golf Center**

**2770 St. Andrews Drive**

**Sierra Vista, AZ 85650**

06:30 AM - 12:00 PM MT

Erika Tinney, 520-508-6584

[erika\\_tinney@lcca.com](mailto:erika_tinney@lcca.com)

*Join Life Care Center of Sierra Vista for our Inaugural Golf Tournament on Saturday, October 25th at Sierra Vista Golf Center! Enjoy a Best Scramble, swag bags, lunch, contests, prizes, and more - sponsorship opportunities available.*

October 30, 2025

**Quarterly Market Outlook**

**Microsoft Teams**

12:30 PM - 01:00 PM MT

Nicole Di Modica, 6239723133

nicole.dimodica@ampf.com

*Hosted By: Affirm Wealth Advisors*

*Presented By: Matt MacLean and Steve Harnden, Private Wealth Advisors*

*Q&A With: Alan Alpers, Investment Manager*

*Join us for a 30-minute call as we discuss the current market outlook. In the interest of making the most of our time, please email any questions you would like us to cover during the Q&A to Nicole Di Modica at [nicole.dimodica@ampf.com](mailto:nicole.dimodica@ampf.com).*

*To reserve a spot: call us at 623.972.3133 or email us at [nicole.dimodica@ampf.com](mailto:nicole.dimodica@ampf.com)*

*You must RSVP to receive access credentials for this event or seminar*

November 5, 2025

**Bring a Vet to Lunch**  
**Community Innovation Center -AREDF**  
**4251 Enterprise Way**  
**Sierra Vista, AZ 85635**

11:30 AM - 01:00 PM MT  
Maria Jimenez, 5204586940  
events@skyislandsrp.com

*The annual Bring a Vet to Lunch event is a meaningful way to show respect and support for the brave individuals who have risked their lives to protect the freedoms we all enjoy. The luncheon is complimentary for all veterans in attendance.*

*We are proud to honor veterans of all ages. As part of the celebration, the youngest and oldest veterans in the room will be recognized during a special cake-cutting ceremony.*

*The Military Community Alliance Committee (MCA) Luncheon is a unique opportunity for Partnership members, military personnel, and the general public to come together and recognize excellence in service. Monthly and quarterly awards will be presented, including honors for top Civilian, Army Non-Commissioned Officer (NCO), Marine, Air Force NCO, Instructor, and Soldier. This event is a prestigious moment for award recipients, recognized by their peers, leadership, and the broader community. Want to make a difference? Purchase a seat for a veteran for just \$50 and help ensure more of our local heroes can attend this special tribute — because they've earned more than just our thanks.*

*Keynote speaker: TBD*

**REGISTRATION CLOSES OCTOBER 26TH!**

*\*This is a CLOSED event and online registration is required to attend. There will be NO seats sold at the door.*

**EARLY-BIRD PRICING:**

*Until October 5th*

*Individual Ticket: \$50.00*

*Full Table (6 seats): \$350.00*

*Purchase a seat for a Veteran: \$50.00*

**LATE REGISTRATION PRICING:**

*October 6th - October 26th*

*Individual Ticket: \$65.00*

*Full Table (6 seats): \$400.00*

*?Purchase a seat for a Veteran: \$50.00*

**\*Veteran Registration\***

*This is open to Veteran's wanting to register for a seat at Bring a Vet to Lunch. This registration is on a first-come, first-served basis and does not guarantee a seat. Registrants will be emailed regarding seating availability once registration closes.*

**REGISTRATION CLOSES OCTOBER 26TH!**

*Interested in Sponsoring this event?*

*Check out our Sponsorship options below!*



November 7, 2025

**Shred-A-Thon & Pet Supply Drive**

**Affirm Wealth Advisors**

**400 W. Fry Blvd**

**Sierra Vista, AZ 85635**

02:00 PM - 04:00 PM MT

Nicole Di Modica, 6239723133

nicole.dimodica@ampf.com

*We will be hosting a complimentary Shred-A-Thon and pet supply drive on Friday, November 7 from 2:00 to 4:00 p.m. to benefit Friends of the SV Animal Shelter. The Friends of the SV Animal Shelter are committed to supporting the Nancy J. Brua Animal Care Center with assistance of emergency medical care and rehabilitation of shelter pets and to increase public awareness of animal health and welfare issues in Cochise County. Come out, shred with us, and consider dropping off pet supply donations for a good cause!*

*For more information on what to donate or what items can be shredded – please contact our office at 520.459.1652 or email us at [affirmwealthadvisors@ampf.com](mailto:affirmwealthadvisors@ampf.com).*

November 12, 2025

**Sky Islands 101 - Getting the Most Out of Your Partnership Membership**

**Sky Islands Regional Partnership**

**21 East Wilcox Drive**

**Sierra Vista, AZ 85635**

12:00 PM - 01:00 PM MT

Maria Jimenez, 520-458-6940

events@skyislandsrp.com

*Meet your Sky Islands Regional Partnership Staff during an interactive session that will help you get the most out of your new Partnership membership.*

*Including:*

*How to use the Partnership Website  
Sponsorship/Advertising Opportunities  
Small Business Resources Available  
Business Advocacy  
Social Media Opportunities and Coaching  
Partnership Yearly Accomplishments  
Upcoming Sky Islands Events*

*Please bring a laptop to follow along on the tour of our website!*

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*Thank you for your understanding and cooperation.*

November 13, 2025

**A Big, Beautiful Breakdown: What Every Taxpayer Needs to Know**

**Microsoft Teams**

**7992 W Thunderbird Road**

**Peoria, AZ 85381**

**12:30 PM - 01:00 PM MT**

Nicole Di Modica, 6239723133

nicole.dimodica@ampf.com

*Hosted By: Affirm Wealth Advisors, a private wealth advisory practice of Ameriprise Financial, LLC*

*Presented By: Matt MacLean & Stephen Harnden, Private Wealth Advisors*

*New tax rules could change the way you manage your retirement income – and your gifting strategy. This seminar will break down how the One, Big, Beautiful Bill affects Social Security, investment decisions, charitable donations, retirement and tax planning. Learn what's changing, what's staying, and how to adjust your strategy to make the most of your money.*

*To reserve a spot: call us at 623.972.3133 or visit [affirmwealthadvisors.com](https://affirmwealthadvisors.com). You must RSVP to receive access credentials for this event or seminar*

November 15, 2025

## **Sound Bath w/ Crystal Lotus Blessings**

**Roses Poses**

**833 East Fry Blvd.**

**Sierra Vista, AZ 85635**

**07:15 PM - 08:30 PM MT**

**Carrie, 561-891-8985**

**crystallotusblessings@gmail.com**

*Sound Immersion Journey, a symphony of serenity: Join us for a crystal bowl sound bath at Roses Poses 833 E. Fry Blvd., #B, Sierra Vista, AZ, and immerse yourself in a journey of deep relaxation and rejuvenation. Gentle vibrations and calming tones will wash away stress, promoting a sense of calm and well-being as you allow yourself to be immersed in sound.*

*Here's what awaits you:*

- **Crystal Bowl Sound Bath:**

*Experience the soothing vibrations of crystal singing bowls, known for their ability to promote relaxation and reduce stress.*

- **Guided Meditation:**

*Begin your journey with a guided meditation to set intentions and prepare your mind and body for a deep state of relaxation.*

- **Intention Setting:**

*Set your intentions for the session, allowing the sounds to resonate with your inner desires and aspirations.*

- **Deep Relaxation:**

*Allow the calming sounds and vibrations to wash over you, promoting a sense of peace and tranquility.*

- **Rejuvenation:**

*Leave feeling refreshed, revitalized, and ready to embrace the day with renewed energy and clarity.*

*Benefits of a Sound Bath:*

- **Reduced Stress & Anxiety:**

*The resonant frequencies of the bowls help lower cortisol levels, the body's primary stress hormone.*

- **Improved Sleep:**

*The calming sounds and vibrations can promote a deeper, more restful sleep.*

- **Enhanced Relaxation:**

*A sound bath is a perfect way to unwind and release tension, promoting a sense of calm and well-being.*

- **Increased Clarity:**

*The practice can help to quiet the mind and promote a sense of clarity and focus.*

*Event Details:*

*Sound Immersion Journey. Space is limited, book now!*

- **Date:** November 15, 2025

- **Time:** 715P - 8305P

- **Location:** Roses Poses, 833 E. Fry Blvd., #B, Sierra Vista, AZ 85635

- **Cost:** \$20.00

- **RSVP:** Scan QR Code in Flier

*Book your spot today and experience the transformative power of sound!*

November 15, 2025

**Are you expecting? Attend our Childbirth Class**

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09:00 AM - 05:00 PM MT

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[natoyah.swift@canyonvistamedicalcenter.com](mailto:natoyah.swift@canyonvistamedicalcenter.com)

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*More Information*

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November 18, 2025

## **Conversations About Health Series - Fall 2025**

**Cochise College, Downtown Center**

**2600 E Willcox Dr.**

**Sierra Vista, AZ 85635**

**01:00 PM - 02:00 PM MT**

**Natoyah Swift, 5202633299**

**natoyah.swift@canyonvistamedicalcenter.com**

**Fall 2025 Conversations About Health Series**

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*By Dr. Elena Kwon*

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#### *Furthering our Goal of Making Cochise County Healthier (Sep 30)*

*By Canyon Vista Medical Center Executive Team*

*They will share updates on the hospital and how CVMC intends to keep care close to home with new technology, growth in services and collaboration with Cochise College.*

#### *Stroke Awareness: Signs and Treatment (Oct 21)*

*By Dr. Yanny Phillips*

*Stroke, also known as "brain attack", is the second leading cause of death and the third most common reason for long-term disability in the world. Dr. Yanny Phillips, Neurology, will review current treatment guidelines and give tips for healthy lifestyle choices to help decrease the risk of having a stroke.*

#### *Mood Changes & When to Seek Help (Nov 18)*

*By CVMC Behavioral Health Team*

*Mood changes like anxiety and depression are common, but when they become persistent or start affecting daily life, it may be time to seek help. The BHU team will cover the basics on moods change and how to recognize the signs for when it's time to reach out for help.*

#### *Nutrition and Medicine: The Relationship and Importance of Both (Dec 2)*

*By CVMC Dietician, Anna Keefe*

*Nutrition and medicine go hand in hand—while medicine treats illness, good nutrition can help prevent it and support recovery. CVMC Dietician Anna Keefe will explain how a*

*balanced diet aids healing and may reduce the need for some medications.*

*Location:*

*Cochise College Downtown Center, Room G106  
2600 E. Wilcox Drive, Sierra Vista, AZ 85635*

*Time: 1:00 - 2:00 PM (All Sessions)*

*Cost: FREE*

*Join us for these engaging discussions designed to inform, educate, and inspire healthy living. For more details, visit [CanyonVistaMedicalCenter.com/events](http://CanyonVistaMedicalCenter.com/events) or call Cochise College Center of Life-Long Learning at 520-515-5492.*

November 20, 2025

**Business @ Twilight - November 20th**

**Allo Fiber**

**2383 E Fry Blvd.**

**Sierra Vista, AZ 85635**

**05:00 PM - 07:00 PM MT**

**Maria Jimenez, 520-458-6940**

**[events@skyislandsrp.com](mailto:events@skyislandsrp.com)**

*Business @ Twilight is an excellent opportunity for you to build relationships through networking with your fellow Partnership Members and other local business leaders.*

*Hosted by Allo Fiber - Don't miss it!*

**\*\*REGISTRATION CLOSES 2 DAYS PRIOR TO EVENT!\*\***

*Service Animal Policy*

*To ensure a safe and comfortable experience for all guests, only certified service dogs trained to assist individuals with disabilities are permitted at this event. Please note that emotional support, therapy animals, or pets are not allowed.*

*Thank you for your understanding and cooperation.*

**Conversations About Health Series - Fall 2025**

**Cochise College, Downtown Center**

**2600 E Willcox Dr.**

**Sierra Vista, AZ 85635**

**01:00 PM - 02:00 PM MT**

**Natoyah Swift, 5202633299**

**natoyah.swift@canyonvistamedicalcenter.com**

**Fall 2025 Conversations About Health Series**

*Empowering Health Through Education*

*Canyon Vista Medical Center proudly presents the Fall 2025 Conversations About Health Series — a free educational initiative designed to inspire and empower our community to live healthier, more informed lives. Hosted at Cochise College Downtown Center (Room G106), this series features engaging presentations from medical professionals on critical health topics that impact daily life.*

*Topics and Dates:*

*Respiratory Illnesses 101: What You Need to Know (Sep 2)*

*By Dr. Elena Kwon*

*Dr. Elena Kwon, Emergency Room Medical Director, will share important information on respiratory illnesses—including Flu, COVID-19, and RSV. Learn how to protect yourself and your loved ones this season.*

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December 2, 2025

**Generational Wealth: Understand, Plan and Communicate**

**Microsoft Teams**

12:30 PM - 01:00 PM MT

Nicole Di Modica, 6239723133

[nicole.dimodica@ampf.com](mailto:nicole.dimodica@ampf.com)

*Hosted By: Affirm Wealth Advisors, a private wealth advisory practice of Ameriprise Financial, LLC*

*Presented By: Mike Gombrich, Private Wealth Advisors & Garrett Smith, Financial Advisor*

*Discover why some wealth transfers fail and how thoughtful planning and open communication can make all the difference. This seminar will help you identify common pitfalls, create a solid plan, and engage your family in meaningful conversations about your legacy.*

*To reserve a spot: call us at 623.972.3133 or visit [affirmwealthadvisors.com](http://affirmwealthadvisors.com).  
You must RSVP to receive access credentials for this event or seminar*



December 6, 2025

## **66th Annual Christmas Light Parade**

05:30 PM - 08:00 PM MT

Maria Jimenez,

events@skyislandsrp.com

? *Announcing this year's Christmas Parade theme ? .....*

? *Sky Islands Regional Partnership Presents: Christmas in the Sky Islands ?*

?*"Celebrating Holiday Traditions Across Our Region"?*

??*Celebrate the season, Sky Islands style! From snowy mountaintops to desert towns full of light, this year's theme invites parade entrants to showcase what the holidays look like across our diverse and beautiful region. Think pine trees and prickly pears, Santa on horseback, mountain cabins, hometown holiday traditions, and more! ??*

**REGISTRATION CLOSES NOVEMBER 29th!**

*You MUST register online before the event as we need time to adjust the parade line up accordingly.*

*Use Coupon Code: GIVE BACK for \$20 off registration pricing (reserved for: K -12 Schools, First Responders, Non-Profits only)*

### **EARLY BIRD PRICING**

*Until November 22nd*

*Partnership Member Businesses - \$85*

*Non-Partnership Member Businesses - \$135*

### **LATE REGISTRATION PRICING**

*November 23rd - November 29th*

*Partnership Member Businesses - \$100*

*Non-Partnership Member Businesses - \$150*

**Registration CLOSES on November 29th. No late registrations will be accepted!**

### **OFFICIAL PARADE ROUTE**

December 10, 2025

**Sky Islands 101 - Getting the Most Out of Your Partnership Membership**

**Sky Islands Regional Partnership**

**21 East Wilcox Drive**

**Sierra Vista, AZ 85635**

12:00 PM - 01:00 PM MT

Maria Jimenez, 520-458-6940

events@skyislandsrp.com

*Meet your Sky Islands Regional Partnership Staff during an interactive session that will help you get the most out of your new Partnership membership.*

*Including:*

*How to use the Partnership Website*

*Sponsorship/Advertising Opportunities*

*Small Business Resources Available*

*Business Advocacy*

*Social Media Opportunities and Coaching*

*Partnership Yearly Accomplishments*

*Upcoming Sky Islands Events*

*Please bring a laptop to follow along on the tour of our website!*

*Service Animal Policy*

*To ensure a safe and comfortable experience for all guests, only certified service dogs trained to assist individuals with disabilities are permitted at this event. Please note that emotional support, therapy animals, or pets are not allowed.*

*Thank you for your understanding and cooperation.*

December 13, 2025

**Santa Fly-In**

**C-A-L Ranch**

**673 AZ-90**

**Sierra Vista, AZ 85635**

10:00 AM - 12:00 PM MT

Maria Jimenez, 520-458-6940

events@skyislandsrp.com

*Join us for our Santa Fly-In! The kids will have the opportunity to talk to Santa and Mrs. Claus! Santa arrives between 9:45am-10am so please plan to arrive EARLY!*

December 13, 2025

**Are you expecting? Attend our Childbirth Class**

**Canyon Vista Medical Center - Medical Office Building #2 Thrive Classroom  
5750 AZ-90**

**Sierra Vista, Ar 85635**

09:00 AM - 05:00 PM MT

Natoyah Swift, 5202633299

[natoyah.swift@canyonvistamedicalcenter.com](mailto:natoyah.swift@canyonvistamedicalcenter.com)

*Are you expecting a child soon?*

*Make sure to attend one of our monthly Childbirth Classes.*

*Saturdays: 7/19, 8/16, 9/13, 10/11, 11/15, 12/13*

*9am to 5pm*

*Optional tour to follow class*

**LOCATION**

*Canyon Vista Medical Center*

*Thrive Classroom*

- Park in Medical Building 2 parking lot*
- On the right side of the building, you will see the Thrive sign*
- Enter through that side door*
- 1st classroom on the left*

*\$10 fee, covers entire class for mom and partner.*

*Register Online [tinyurl.com/CVMCChildBirth](https://tinyurl.com/CVMCChildBirth)*

*More Information*

*Call Women and Newborn Services 520.263.3320*