

## Classes & Events

**REGISTRATION REQUIRED!**  
**SPACE IS LIMITED, SO REGISTER EARLY.**



### Register online

Visit [sunhealthwellbeing.org](http://sunhealthwellbeing.org) and click "Education"



### Register by phone

623-207-1703 *except where noted*

**CLASS SIZES ARE LIMITED.** Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.



**Classes with this icon have an associated fee.**

### HEALTH & WELLBEING

#### Take a Tour of the Sun Health Center for Health & Wellbeing

**Tuesday, Sept. 6; 11 to noon**

Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff tasked with guiding you on your journey toward health and wellbeing.  
*Sun Health Center for Health & Wellbeing*  
14719 W. Grand Ave., Surprise

#### Go4Life

Join Rhonda Zonoozi, exercise physiologist and certified health coach, to learn about the four types of exercise that are ideal for health and wellbeing, based on the Go4Life program from the National Institute on Aging.

**Monday, Sept. 12; 9:30 to 10:30 a.m.**

*The Colonnade Recreation Village*  
19116 Colonnade Way, Surprise

**Wednesday, Sept. 14; 10:30 to 11:30 a.m.**

*Banner Boswell Medical Center, Support Services*  
Chapman Room, 2nd floor  
13180 N. 103rd Dr., Sun City

#### Hospice Myths & Reality

**Wednesday, Sept. 14; 9:30 to 10:30 a.m.**

Luis Gonzalez, Jr., MD, Banner Hospice medical director, will explain Medicare coverage of hospice care, including a review of qualifying guidelines, services provided and financial impact. He will also discuss common myths and misunderstandings.  
*Grandview Terrace Health and Rehabilitation Center*  
14505 W. Granite Valley Dr., Sun City West

### BONE & JOINT HEALTH

#### Updates on Foot & Ankle Arthritis

**Friday, Sept. 30; 9:30 to 10:30 a.m.**

Dr. Jeffrey McAlister, DPM, will focus on up-to-date management of simple and complex foot and ankle arthritis. He will cover ankle arthritis, mid-foot arthritis and big toe arthritis.

*The Colonnade Recreation Village*  
19116 Colonnade Way, Surprise

### CANCER CARE

#### Healthy Meal Preparation for Cancer

**Wednesday, Sept. 7; 9 to 10 a.m.**

Chef Madelyn Pryor demonstrates how to make easy, nutritious meals. September's topic will be snacks.

Open to cancer survivors, family and friends.

*Sun Health Center for Health & Wellbeing*  
14719 W. Grand Ave., Surprise

**Provided in partnership with the**  
**Cancer Support Community Arizona**



#### Need a Ride?

Northwest Valley Connect  
helps you get around town

[northwestvalleyconnect.org](http://northwestvalleyconnect.org) • (623) 282-9300

## The Aging Eye

**Thursday, Sept. 15; 9 to 10 a.m.**

In this informative workshop, Arizona Eye Institute's Dr. Eugene Shifrin explains what happens to our eyes as we age, and how we can proactively maintain our vision health.

*PORA Learning Center*

*13815 W. Camino Del Sol, Sun City West*

## Meditation for Healthy Living

**Thursday, Sept. 29; 10 to 11 a.m.**

Meditation is commonly used for relaxation and stress reduction, plus a growing body of scientific research supports the health benefits of this activity. Learn how to incorporate meditation into your everyday life.

*La Loma Village Health and Rehabilitation Center*

*14260 Denny Blvd., Litchfield Park*

## MEMORY CARE

### Communicating with Persons with Dementia

**Thursday, Sept. 15; 1 to 2 p.m.**

Michelle Toft, MSW, EdM will demonstrate how to use verbal and nonverbal techniques to communicate with people who have dementia, even as their symptoms change.

*La Loma Village*

*Multi-Purpose Room, 2nd Floor*

*14154 Denny Blvd., Litchfield Park*

## NUTRITION

### Unlocking the Mysteries of Whole Grains

The U.S. Dietary Guidelines encourage the intake of whole grains. Join Sun Health Registered Dietitians Tracy Garrett and Susan Welter to sample and discuss some uncommon whole grains and learn how to incorporate these into your meals.

**Friday, Sept. 23; 3:30 to 4:30 p.m.**

*Sun Health Center for Health & Wellbeing*

*14719 W. Grand Ave., Surprise*

**Monday, Sept. 26; 10 to 11 a.m.**

*La Loma Village Health & Rehabilitation Center*

*14260 Denny Blvd., Litchfield Park*

**Friday, Sept. 30; 9:30 to 10:30 a.m.**

*Banner Boswell Medical Center, Support Services*

*Juniper Conference Room, 2nd Floor*

*13180 N. 103rd Dr., Sun City*

### 💰 "Weigh" to Go! Weight Loss Series

**Starts Thursday Sept. 1; 8:30 to 10 a.m.**

Sun Health's 12-week series is designed to help you safely lose weight through healthy eating, increased activity and behavior modification. This series is taught by Susan Welter, registered dietitian, and Rhonda Zonoozi, exercise physiologist and certified health coach. **Call 623-832-WELL (9355) to register for this series and inquire about cost.**

*Sun Health Center for Health & Wellbeing*

*14719 W. Grand Ave., Surprise*

## HEART HEALTH

### Taking Care of Your Heart

**Tuesday, Sept. 13; 9:30 to 10:30 a.m.**

This month's speaker will be Michael Disalvo, PharmD. Dr. Disalvo's topic will be "Heart Health and Medications".

*Banner Boswell Medical Center, Support Services*

*Memorial Hall West*

*13180 N. 103rd Dr., Sun City*

### Understanding A-Fib and Treatment Options

**Tuesday, Sept. 20; 10 to 11 a.m.**

Join Wilber Su, MD, cardiologist and electrophysiologist from Banner University Medical Center Heart Institute, as he discusses atrial fibrillation and various treatment options including cryoballoon ablation, surgery, novel blood thinners and management of left atrial appendage.

*La Loma Village*

*Multi-purpose Room, 2nd Floor*

*14154 Denny Blvd., Litchfield Park*

**PHYSICAL FITNESS**

**All Physical Fitness classes are held at:**  
Sun Health Center for Health & Wellbeing  
14719 W. Grand Ave., Surprise

**🌳 Chair Yoga**

**Mondays, Sept. 12, 19, 26; 8 to 9 a.m.**

**Wednesdays, Sept. 7, 14, 28; 8 to 9 a.m. & 1 to 2 p.m.**

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

**🌳 Tai Chi**

**Mondays, Sept. 12, 19, 26; 11 a.m. to noon**

**Wednesdays, Sept. 7, 14, 28; 11 a.m. to noon**

**Fridays, Sept. 2, 9, 16, 23, 30; 9:30 a.m. to 10:30 a.m.\***

Tai Chi is a traditional Chinese martial art shown to improve strength and balance, and help with stress reduction and relaxation. **\*Note our new Friday time.**

**🌳 Yoga for Optimal Health**

**Mondays, Sept. 12, 19, 26; 9:30 to 10:30 a.m.**

Yoga helps you move easier and feel less stiff or tired by improving flexibility and building upper body, core and lower body strength while also helping reduce stress.

**Participants must be able to stand independently and to safely get up and down from the floor unassisted.**

**🌳 Strength Training for Health**

**Mondays, Sept. 12, 19, 26; 1 to 2 p.m.**

**Fridays, Sept. 2, 9, 16, 23, 30; 8 to 9 a.m.**

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

**🌳 Yoga for Relaxation and Posture**

**Wednesdays, Sept. 7, 14, 28; 9:30 to 10:30 a.m.**

Yoga involves paying attention to your breath, which can help you relax and feel less stressed, and improve posture.

**Participants must be able to stand independently.**

**SAFETY****🌳 Balance and Strength Training**

**Starts Thursday, Sept. 1; 1:30 to 2:30 p.m.**

This eight-week series emphasizes balance exercises, along with leg and core strength training, in a group setting. Home exercises will be provided. Participants must be able to stand without assistance.

**Call 623-832-WELL (9355) to register and inquire about cost.**

Sun Health Center for Health & Wellbeing  
14719 W. Grand Ave., Surprise

**A Balanced Life**

Maren Harrison, physical therapy assistant at Banner Del E. Webb Medical Center, will discuss balance, how to assess and improve balance, and simple aids to maintain balance.

**Wednesday, Sept. 7; 9:30 to 10:30 a.m.**

The Colonnade Recreation Village  
19116 Colonnade Way, Surprise

**Tuesday, Sept. 27, 9:30 to 10:30 a.m.**

Grandview Terrace Health and Rehabilitation Center  
14505 W. Granite Valley Dr., Sun City West

**A Matter of Balance**

Are you concerned about falling or have you fallen in the past? This eight-week, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

**Starts Monday, Sept 26; 9 to 11 a.m.**

Banner Boswell Medical Center, Support Services  
Juniper Conference Room, 2nd Floor  
13180 N. 103rd Dr., Sun City

**Starts Friday, Sept 30; 1 to 3 p.m.**

Sun Health Center for Health & Wellbeing  
14719 W. Grand Ave., Surprise

**Stand Up to Falling Down**

**Wednesday, Sept. 21; 9 am to 1 p.m.**

In recognition of National Fall Prevention Awareness Day, Sun Health is hosting a Fall Prevention Screening and Awareness Event featuring presentations from health professionals and complimentary individual fall risk screenings. **Call 623-832-WELL (9355) to reserve your screening appointment time. See our ad on the back page of this issue.**

The Colonnade Recreation Village • 19116 Colonnade Way, Surprise

# September Classes & Events At-A-Glance

Mon                      Tue                      Wed                      Thu                      Fri

**REGISTRATION REQUIRED,  
CLICK OR CALL TODAY!**



**Register  
online**  
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and click "Education"



**Register  
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623-207-1703  
*\*except where noted*

**1**

- "Weigh" to Go! Weight Loss Series; 8:30 to 10 a.m. (1 of 12)
- Balance and Strength Training; 1:30 to 2:30 p.m. (1 of 8)

**2**

- Strength Training for Health; 8 to 9 a.m.
- Tai Chi; 9:30 to 10:30 a.m.



**5**

**LABOR  
DAY!**

**6**

- Tour the Sun Health Center for Health & Wellbeing; 11 a.m. to noon

**7**

- Chair Yoga; 8 to 9 a.m.
- Healthy Meal Prep; 9 to 10 a.m.
- A Balanced Life; 9:30 to 10:30 a.m.
- Yoga for Relaxation; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.

**8**

- "Weigh" to Go! Weight Loss Series; 8:30 to 10 a.m. (2 of 12)
- Balance and Strength Training; 1:30 to 2:30 p.m. (2 of 8)

**9**

- Strength Training for Health; 8 to 9 a.m.
- Tai Chi; 9:30 to 10:30 a.m.

**12**

- Chair Yoga; 8 to 9 a.m.
- Go4Life; 9:30 to 10:30 a.m.
- Yoga for Optimal Health; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Strength Training for Health; 1 to 2 p.m.

**13**

- Taking Care of Your Heart - Health & Medications; 9:30 to 10:30 a.m.

**14**

- Chair Yoga; 8 to 9 a.m.
- Hospice Myths & Reality; 9:30 to 10:30 a.m.
- Yoga for Relaxation; 9:30 to 10:30 a.m.
- Go4Life; 10:30 to 11:30 a.m.
- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.

**15**

- "Weigh" to Go! Weight Loss Series; 8:30 to 10 a.m. (3 of 12)
- The Aging Eye; 9 to 10 a.m.
- Communicating with Families; 1 to 2 p.m.
- Balance and Strength Training; 1:30 to 2:30 p.m. (3 of 8)

**16**

- Strength Training for Health; 8 to 9 a.m.
- Tai Chi; 9:30 to 10:30 a.m.

**19**

- Chair Yoga; 8 to 9 a.m.
- Yoga for Optimal Health; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Strength Training for Health; 1 to 2 p.m.

**20**

- Understanding A-Fib; 10 to 11 a.m.

**21**

- Stand Up to Falling Down; 9 a.m. to 1 p.m.

**22**

- "Weigh" to Go! Weight Loss Series; 8:30 to 10 a.m. (4 of 12)
- Balance and Strength Training; 1:30 to 2:30 p.m. (4 of 8)

**23**

- Strength Training for Health; 8 to 9 a.m.
- Tai Chi; 9:30 to 10:30 a.m.
- Unlocking the Mysteries of Whole Grains; 3:30 to 4:30 p.m.

**26**

- Chair Yoga; 8 to 9 a.m.
- Matter of Balance; 9 to 11 a.m. (1 of 8)
- Yoga for Optimal Health; 9:30 to 10:30 a.m.
- Unlocking the Mysteries of Whole Grains; 10 to 11 a.m.
- Tai Chi; 11 a.m. to noon
- Strength Training for Health; 1 to 2 p.m.

**27**

- A Balanced Life; 9:30 to 10:30 a.m.

**28**

- Chair Yoga; 8 to 9 a.m.
- Yoga for Relaxation; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.

**29**

- "Weigh" to Go! Weight Loss Series; 8:30 to 10 a.m. (5 of 12)
- Meditation for a Healthy Life; 10 to 11 a.m.
- Balance and Strength Training; 1:30 to 2:30 p.m. (5 of 8)

**30**

- Strength Training for Health; 8 to 9 a.m.
- Unlocking the Mysteries of Whole Grains; 9:30 to 10:30 a.m.
- Foot & Ankle Arthritis; 9:30 to 10:30 a.m.
- Tai Chi; 9:30 to 10:30 a.m.
- Matter of Balance; 1 to 3 p.m. (1 of 8)