

## Classes & Events

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



**Register online**

Visit [sunhealthwellbeing.org](http://sunhealthwellbeing.org) and click "Education" then "Register for Classes"



**Register by phone** Starting March 21  
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.**

### LOCATION KEY:

**Arrowhead Health Center** - 16222 N. 59th Ave., #A-100, Glendale

**Banner Del E. Webb/Auditorium** - 14502 W. Meeker Blvd., Sun City West, use the Louisa Kellam Center for Women's Health entrance.

**Banner Boswell/Chapman Conf. Room** - Support Services 2nd floor, 13180 N. 103rd Dr. Sun City

**Banner Boswell/Juniper Conf. Room** - Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

**Banner Boswell/Memorial Hall West** - Support Services, 1st Floor, 13180 N. 103rd Dr., Sun City

**Banner Estrella/Conference Room 3**  
9201 W. Thomas Rd, Phoenix

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

**Grandview Terrace H&R** - Grandview Terrace Health and Rehabilitation Center, 14505 W. Granite Valley Dr., Sun City West

**La Loma Village H&R** - La Loma Village Health and Rehabilitation Center, 14260 Denny Blvd., Litchfield Park

**Litchfield Park Library** - 101 W. Wigwam Blvd., Litchfield Park

**The Colonnade** - 19116 Colonnade Way, Surprise

### BRAIN HEALTH

**Memory Training**

**Wednesday, Apr. 19; 9:30 to 10:30 a.m.**

Laurie Fox, certified senior adviser, leads this fun, interactive class for people who want to enhance their memory and keep it strong.

*Location: La Loma Village H&R*

### CANCER CARE

**Healthy Meal Prep for Cancer**

**Friday, Apr. 7 or 21; 10 to 11 a.m.**

Create easy, affordable dishes packed with antioxidants and flavor. Topics are Spring Veggies (4/7) and Grains and Fiber (4/21). In partnership with Cancer Support Community Arizona.

*Location: Center for Health & Wellbeing*

### DIABETES CARE

**Annual Diabetes Self-Management Training**

**Friday, Apr. 7; 9 to 11 a.m.**

Designed for those who have previously completed Diabetes Self-Management Training, Sun Health's certified diabetes educators will provide the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call 623-832-WELL (9355) by Apr. 4th to register. Fee is covered by most insurance plans.**

*Location: Banner Boswell/Chapman Conf. Room*

**Diabetes Connection Support Group**

**Monday, Apr. 17; 3 to 4 p.m.**

A monthly group for individuals who have diabetes or prediabetes to share and learn in the pursuit of healthy living. This month's topic is "Stress Reduction."

**Registration is not required.**

*Location: Center for Health & Wellbeing*



**Need a Ride?**

Northwest Valley Connect is available

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

### **💰 Diabetes Self-Management Education**

This five-week course provides the guidance needed to help prevent diabetic complications and improve overall health. This series is taught by Sun Health's certified diabetes educators. **Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare & most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

**Starts Tuesday, Apr. 11:**

- **9:30 to 11:30 a.m.;** Center for Health & Wellbeing
- **1:30 to 3:30 p.m.;** Banner Boswell/Juniper Conf. Room

**Starts Wednesday, Apr. 12:**

- **9:30 to 11:30 a.m.;** Banner Estrella/Conf. Room 3
- **1:30 to 3:30 p.m.;** Arrowhead Health Center

## HEALTH & WELLBEING

### **Tour the Sun Health Center for Health & Wellbeing Tuesday, Apr. 4; 11 a.m. to noon**

Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff who can guide you on your journey toward health and wellbeing.

*Location: Center for Health & Wellbeing*

### **The Art of Resilience: A Community Health Event Wednesday, Apr. 5; 9 a.m. to noon**

Join Sun Health's Center for Health & Wellbeing staff along with keynote speaker Dr. Michael Cofield for a morning of information and fun. Attendees may choose between various small group discussions and demonstrations on acupuncture, meditation, spiritual wellness, exercise and more. **Registration is not required**

*Location: The Colonnade*

### **Life after Stroke: 15 Things Caregivers and Stroke Survivors Should Know**

**Thursday, Apr. 6; 10:15 to 11:15 a.m.**

Join us for an informative discussion led by Charisse Barnes, stroke clinical program manager, about life after stroke, including rehabilitation, home safety, medication and community resources.

*Location: Banner Del E. Webb/Auditorium*

### **Stress is the Mess That Comes with Living – Time to Clean it Up**

**Monday, Apr. 10; 2 to 3 p.m.**

Pam McClarin, retired psychologist, examines the positive and negative aspects of stress, how your personality affects your reaction to stress and techniques to 'live with' stress.

*Location: Banner Boswell/Juniper Conf. Room*

### **Mindfulness Matters**

**Thursday, Apr. 13; 10 to 11:15 a.m.**

Gillian Hamilton, MD, from Hospice of the Valley, will teach mindfulness techniques to relieve anxiety, depression, pain and other medical conditions.

*Location: The Colonnade*

### **Urinary Incontinence: Take Back Control**

**Thursday, Apr. 20; 9 to 10 a.m.**

Do you leak urine when coughing or sneezing? Dr. Afshin Malaki discusses how to find the cause for your leakage and treatment options.

*Location: Banner Del E. Webb/Auditorium*

### **HealthRhythms®**

**Tuesday, Apr. 25; 1:30 to 2:30 p.m.**

Join AARP Arizona for a fun, free and interactive drum circle led by facilitator Frank Thompson. HealthRhythms® is an evidence-based program integrating recreational music-making with health promotion that can reduce stress levels, boost the immune system and promote a sense of joy and well-being. No musical experience required.

*Location: Center for Health & Wellbeing*

## HEART HEALTH

### **Is It Heartburn or Something Else?**

**Thursday, Apr. 6; 9 to 10 a.m.**

Do you suffer from heartburn, reflux or GERD? You could have a serious problem that has not been diagnosed. General surgeon Matthew Lynch, MD, discusses diagnosis and treatments for these common conditions.

*Location: Banner Del E. Webb/Auditorium*

**Taking Care of Your Heart****Tuesday, Apr. 11; 9:30 to 10:30 a.m.**

Mike DiSalvo, dedicated heart failure/progressive care pharmacist, will address "Lung Health and Education on Correct Inhaler Technique."

Location: Banner Boswell/Memorial Hall West

**Blood Pressure Checks**

Retired nurse volunteers are on site to check your blood pressure and answer any questions you may have.

Registration is not required.

**Friday, Apr. 14; 10 a.m. to noon****Wednesday, Apr. 19; 2 to 4 p.m.**

Location: Center for Health & Wellbeing

**MEMORY CARE****Emotional Changes: Understanding the Symptoms Beyond Memory Loss****Tuesday, Apr. 4; 9:30 to 10:30 a.m.**

Lori Nisson, LCSW, will help you better understand the common emotional changes that may occur in a person with Alzheimer's disease to increase your level of empathy and reduce caregiver frustration.

Location: Grandview Terrace H&R

**Dementia Caregiver Support Group****Wednesdays, Apr. 5 & 19; 3 to 4 p.m.**

Marty Finley, MEd, leads this support group specifically for people caring for a loved one with Alzheimer's disease or any type of dementia. **Registration is not required.**

Location: Grandview Terrace H&R

**NUTRITION****\$ "Weigh" to Go! Weight Loss Series****Starts Friday, Apr. 14; 8:30 to 10 a.m.**

This 12-week interactive series is designed to help you safely lose and maintain weight through proven methods including healthy eating, increased activity and behavior modification. The series is taught by Susan Welter and Tracy Garrett, registered dietitians, and Rhonda Zonoozi, exercise physiologist and certified health coach. **Call 623-832-WELL (9355) to register for this series and inquire about cost.**

Location: Center for Health & Wellbeing

**Mindful Eating**

Have you changed your eating habits for health reasons but lost the joy of eating? Join Sun Health dietitians in a mindful eating experience and learn how to eat with more intention and enjoyment to build a healthy relationship with food.

**Tuesday, Apr. 18; 6 to 7 p.m.**

Location: Litchfield Park Library

**Friday, Apr. 28; 2 to 3 p.m.**

Location: Center for Health & Wellbeing

**PHYSICAL FITNESS**

All classes held at Center for Health & Wellbeing

**Note:** Physical fitness classes are offered in an eight-class series for \$40. Class fees are nonrefundable (unless the class is canceled.)

**\$ Chair Yoga****Wednesdays – 8 to 9 a.m.; Series CY6:****Apr. 26; May 3, 10, 17, 24, 31; Jun. 7 & 14**

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

**\$ Tai Chi****Wednesdays – 11 a.m. to noon; Series TC6:****Apr. 26; May 3, 10, 17, 24, 31; Jun. 7 & 14**

Tai Chi is a traditional Chinese martial art shown to improve strength, balance and relaxation.

**\$ Strength Training for Health****Fridays – 11 a.m. to noon; Series ST6:****Apr. 28; May 5, 12, 19, 26; Jun 2, 9 & 16**

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

**\$ Yoga for Relaxation****Wednesdays – 9:30 to 10:30 a.m.; Series YR3:****Apr. 26; May 3, 10, 17, 24, 31; Jun. 7 & 14**

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

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

# April Classes & Events At-A-Glance

| Mon   | Tue   | Wed   | Thu   | Fri  |
|---|---|---|---|--|
| 3   | 4 <ul style="list-style-type: none"> <li>• Emotional Changes; 9:30 to 10:30 a.m.</li> <li>• Tour of Center for Health &amp; Wellbeing; 11 a.m. to noon</li> </ul>   | 5 <ul style="list-style-type: none"> <li>• The Art of Resilience Community Health Event; 9 a.m. to noon</li> <li>• Dementia Support Group; 3 to 4 p.m.</li> </ul>   | 6 <ul style="list-style-type: none"> <li>• Is it Heartburn or Something Else; 9 to 10 a.m.</li> <li>• Life after Stroke; 10:15 to 11:15 a.m.</li> </ul> | 7 <ul style="list-style-type: none"> <li>• Annual Diabetes Training; 9 to 11 a.m.</li> <li>• Healthy Meal Prep for Cancer; 10 to 11 a.m.</li> </ul>  |
| 10 <ul style="list-style-type: none"> <li>• Stress is the Mess; 2 to 3 p.m.</li> </ul>  | 11 <ul style="list-style-type: none"> <li>• Diabetes Self-Management 9:30 to 11:30 a.m. <b>(1 of 5)</b></li> <li>• Taking Care of Your Heart; 9:30 to 10:30 a.m.</li> <li>• Diabetes Self-Management 1:30 to 3:30 p.m. <b>(1 of 5)</b></li> </ul> | 12 <ul style="list-style-type: none"> <li>• Diabetes Self-Management 9:30 to 11:30 a.m. <b>(1 of 5)</b></li> <li>• Diabetes Self-Management; 1:30 to 3:30 p.m. <b>(1 of 5)</b></li> </ul>   | 13 <ul style="list-style-type: none"> <li>• Mindfulness Matters; 10 to 11:15 a.m.</li> </ul>  | 14 <ul style="list-style-type: none"> <li>• "Weigh" to Go; 8:30 to 10 a.m. <b>(1 of 12)</b></li> <li>• Blood Pressure Checks; 10 a.m. to noon</li> </ul>   |
| 17 <ul style="list-style-type: none"> <li>• Diabetes Connection; 3 to 4 p.m.</li> </ul> | 18 <ul style="list-style-type: none"> <li>• Diabetes Self-Management; 9:30 to 11:30 a.m. <b>(2 of 5)</b></li> <li>• Diabetes Self-Management; 1:30 to 3:30 p.m. <b>(2 of 5)</b></li> <li>• Mindful Eating; 6 to 7 p.m.</li> </ul>                 | 19 <ul style="list-style-type: none"> <li>• Diabetes Self-Management; 9:30 to 11:30 a.m. <b>(2 of 5)</b></li> <li>• Memory Training; 9:30 to 10:30 a.m.</li> <li>• Diabetes Self-Management; 1:30 to 3:30 p.m. <b>(2 of 5)</b></li> <li>• Blood Pressure Checks; 2 to 4 p.m.</li> <li>• Dementia Caregiver Support; 3 to 4 p.m.</li> </ul>                  | 20 <ul style="list-style-type: none"> <li>• Urinary Incontinence; 9 to 10 a.m.</li> </ul>   | 21 <ul style="list-style-type: none"> <li>• "Weigh" to Go; 8:30 to 10 a.m. <b>(2 of 12)</b></li> <li>• Healthy Meal Prep for Cancer; 10 to 11 a.m.</li> </ul>  |
| 24  | 25 <ul style="list-style-type: none"> <li>• Diabetes Self-Management; 9:30 to 10:30 a.m. <b>(3 of 5)</b></li> <li>• HealthRhythms®; 1:30 to 2:30 p.m.</li> <li>• Diabetes Self-Management; 1:30 to 3:30 p.m. <b>(3 of 5)</b></li> </ul>           | 26 <ul style="list-style-type: none"> <li>• Chair Yoga (<b>CY6</b>); 8 to 9 a.m.</li> <li>• Yoga for Relaxation (<b>YR3</b>); 9:30 to 10:30 a.m.</li> <li>• Diabetes Self-Management; 9:30 to 10:30 a.m. <b>(3 of 5)</b></li> <li>• Tai Chi (<b>TC6</b>); 11 a.m. to noon</li> <li>• Diabetes Self-Management; 1:30 to 3:30 p.m. <b>(3 of 5)</b></li> </ul> | 27  | 28 <ul style="list-style-type: none"> <li>• "Weigh" to Go; 8:30 to 10 a.m. <b>(3 of 12)</b></li> <li>• Strength Training (<b>ST6</b>); 11 a.m. to noon</li> <li>• Mindful Eating; 2 to 3 p.m.</li> </ul> |

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**CLICK OR CALL TODAY!**



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 623-207-1703  
 \*except where noted

**General Registration for April  
 Classes Starts on March 21!**