

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.



Register online

Visit sunhealthwellbeing.org and click "Education" then "Register for Classes"



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.

LOCATION KEY:

Banner Del E. Webb Medical Center Auditorium
14502 W. Meeker Blvd, Sun City West, AZ 85375, use the Louisa Kellam Center for Women's Health entrance.

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

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

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

Faith Presbyterian Church - 16000 N. Del E. Webb Blvd., Sun City

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

La Loma Village MPR - La Loma Village Multi-purpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park

Litchfield Park Library - 101 W. Wigwam Blvd., Litchfield Park, AZ 85340

PORA - PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

The Colonnade - 19116 Colonnade Way, Surprise

BRAIN HEALTH

Exercise Your Parkinson's Knowledge

Thursday, Feb. 2; 9:30 to 10:30 a.m.

Physical Therapist Celeste Delap will demonstrate key exercises and explain how exercise has a positive impact for individuals with Parkinson's disease.

Location: La Loma Village H&R

Meditation for Healthy Living

Wednesday, Feb. 22; 2:30 to 3:30 p.m.

Sue Witter, meditation expert, will show you how to incorporate meditation into your everyday life for relaxation, stress reduction and other health benefits.

Location: Boswell/Juniper

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Feb. 3 or 17; 10 to 11 a.m.

Learn how to create easy and affordable dishes packed with antioxidants and flavor while staying on a budget. Open to cancer survivors, family and friends. In partnership with Cancer Support Community Arizona.

Location: Center for Health & Wellbeing

Boosting Your Immune System

Thursday, Feb. 16; 9:30 to 10:30 a.m.

Naturopathic physician Jonathan M. Psenka, NMD, shares how to strengthen and enhance the immune system through the food you eat. Learn the role of alkalinity and the foods that help during and after cancer treatment. In partnership with Cancer Support Community Arizona.

Location: PORA

Understanding Mouth and Throat Cancers

Thursday, Feb. 23; 9 to 10 a.m.

Dr. Michael Rodriguez, otolaryngologist, will present facts, symptoms and treatments for these types of cancers.

Location: Banner Del E. Webb Medical Center Auditorium

DIABETES CARE

Diabetes Connection Support Group

Monday, Feb. 20; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes to gather together to share and learn in the pursuit of healthy living. **Registration is not required.**
Location: Center for Health & Wellbeing

📍 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 Center for Health & Wellbeing certified diabetes educators. **Please call 623-832-WELL (9355) to register and inquire about insurance coverage.** The fee for this series is covered by most insurance and requires a physician referral. Register at least one week prior to the start of the series.

Starts Tuesday, Feb. 28:

9 to 11 a.m.; Boswell/Juniper

1:30 to 3:30 p.m.; Center for Health & Wellbeing

HEALTH & WELLBEING

Understanding Peripheral Neuropathy

Wednesday, Feb. 1; 9:30 to 10:30 a.m.

Board Certified Internist Dr. Robert West from Arrowhead Health Centers will discuss the diagnosis, signs, symptoms, treatments and ongoing management of peripheral neuropathy.

Location: The Colonnade

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

Tuesday, Feb. 7; 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

Blood Sugar Blues

Thursday, Feb. 9; 9 to 10 a.m.

Certified Diabetes Educator Cindy Penaranda from Banner Health will lead a workshop on diabetes addressing the risk factors, symptoms, treatment and what can be done to avoid or delay the disease.

Location: Banner Del E. Webb Medical Center Auditorium

Healthy Eating

Thursday, Feb. 9; 10:15 to 11:15 a.m.

Dietitian Andrea Nguyen will review healthy daily eating and snacking ideas for promoting wise nutrition choices.

Location: Banner Del E. Webb Medical Center Auditorium

Blood Pressure Checks

Friday, Feb. 10; 10 a.m. to noon

Wednesday, Feb. 15; 2 to 4 p.m.

About one in three adults have high blood pressure and many are not even aware of it. Retired nurse volunteers will be on-site to check your blood pressure and answer any questions you may have. **Registration is not required.**

Location: Center for Health & Wellbeing

Leading Your Most Balanced Life

Thursday, Feb. 23; 10:15 to 11:15 a.m.

Join Physical Therapy Assistant Maren Harrison to learn about balance systems and strategies, the proper use of walking aids and fall recovery. There will be an opportunity for a personal balance screening.

Location: Banner Del E. Webb Medical Center Auditorium

My Aching Back and Managing the Pain

Friday, Feb. 24; 9:30 to 10:30 a.m.

In this presentation, Sheba J. Shah, MD, presents common reasons for low back pain, the types of pathology that causes it and the treatments that are currently available.

Location: The Colonnade

HEART HEALTH**Taking Care of Your Heart****Tuesday, Feb. 14; 9:30 to 10:30 a.m.**

Dr. Fredric Klopff, MD, cardiologist from Cardiac Solutions, will discuss "Women and Heart Health."

Location: Boswell/Memorial Hall West

Give Your Heart a Little TLC**Tuesday, Feb. 21; 6 to 7 p.m.**

Join a Sun Health's registered dietitian nutritionist as she discusses improving cholesterol levels through lifestyle changes.

Location: Litchfield Park Library

Staying Healthy with Your Heart Medication**Monday, Feb. 27; 1 to 2 p.m.**

Are you familiar with the side effects that are common with heart medications? Do you know which combinations to avoid, especially with over-the-counter medications, and what monitoring should be done to stay safe and healthy? Join Certified Geriatric Pharmacist Dawn Sullivan, PharmD, as she answers your questions.

Location: Faith Presbyterian Church

MEMORY CARE**Dementia Caregiver Support Group****Wednesdays, Feb. 1 & 15; 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

Dementia and Ambiguous Loss**Tuesday, Feb. 21; 1:30 to 2:30 p.m.**

Michelle Toft, MSW, discusses memory loss and how to find meaning throughout the Alzheimer's disease process. This loss is difficult to describe as the person is still present, but the disease masks who they have always been.

Location: La Loma Village MPR

NUTRITION**Heart-Healthy Nutrition: The DASH Eating Plan**

Dietary Approaches to Stop Hypertension (DASH) is supported by research to improve not only blood pressure but also other health concerns. Tracy Garrett, Sun Health's registered dietitian nutritionist, will provide information on how you can start the DASH to good health.

Monday, Feb. 13; 3 to 4 p.m.

Location: Center for Health & Wellbeing

Monday, Feb. 27; 10 to 11 a.m.

Location: La Loma Village H&R

PHYSICAL FITNESS

Please note that exercise classes are now being offered in eight class series. The current series of exercise classes began in January and will continue through February. Please see the March *LiveWell* for the next series of exercise classes that will be offered.



Need a Ride?

Northwest Valley Connect is available to help you locate a ride to Sun Health's community education classes, events and much more.

northwestvalleyconnect.org • (623) 282-9300

February Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
 <p>Exercise classes typically listed here are part of the new class series listings carried over from January. Look for new exercise classes in the March issue</p>		<p>1</p> <ul style="list-style-type: none"> • Understanding Peripheral Neuropathy; 9:30 to 10:30 a.m. • Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>2</p> <ul style="list-style-type: none"> • Exercise Your Parkinson's Knowledge; 9:30 to 10:30 a.m. 	<p>3</p> <ul style="list-style-type: none"> • Healthy Meal Prep for Cancer; 10 to 11 a.m.
<p>6</p>	<p>7</p> <ul style="list-style-type: none"> • Take a Tour of CHW; 11 a.m. to noon 	<p>8</p>	<p>9</p> <ul style="list-style-type: none"> • Blood Sugar Blues; 9 to 10 a.m. • Healthy Eating; 10:15 to 11:15 a.m. 	<p>10</p> <ul style="list-style-type: none"> • Blood Pressure Check; 10 a.m. to noon
<p>13</p> <ul style="list-style-type: none"> • DASH Eating Plan; 3 to 4 p.m. 	<p>14</p> <ul style="list-style-type: none"> • Taking Care of Your Heart; 9:30 to 10:30 a.m. 	<p>15</p> <ul style="list-style-type: none"> • Dementia Support Group; 3 to 4 p.m. • Blood Pressure Check; 2 to 4 p.m. 	<p>16</p> <ul style="list-style-type: none"> • Boosting Your Immune System; 9:30 to 10:30 a.m. 	<p>17</p> <ul style="list-style-type: none"> • Healthy Meal Prep for Cancer; 10 to 11 a.m.
<p>20</p> <ul style="list-style-type: none"> • Diabetes Connection; 3 to 4 p.m. 	<p>21</p> <ul style="list-style-type: none"> • Ambiguous Loss; 1:30 to 2:30 p.m. • Give Your Heart a Little TLC; 6 to 7 p.m. 	<p>22</p> <ul style="list-style-type: none"> • Meditation for Healthy Living; 2:30 to 3:30 p.m. 	<p>23</p> <ul style="list-style-type: none"> • Understanding Mouth and Throat Cancers; 9 to 10 a.m. • Leading Your Most Balanced Life; 10:15 to 11:15 a.m. 	<p>24</p> <ul style="list-style-type: none"> • My Aching Back and Managing the Pain; 9:30 to 10:30 a.m.
<p>27</p> <ul style="list-style-type: none"> • Staying Healthy with Your Heart Medication; 1 to 2 p.m. • DASH Eating Plan; 10 to 11 a.m. 	<p>28</p> <ul style="list-style-type: none"> • Diabetes Self-Management Education; 9 to 11 a.m. (1 of 5) • Diabetes Self-Management Education; 1:30 to 3:30 p.m. (1 of 5) 	<p>REGISTRATION REQUIRED FOR MOST CLASSES CLICK OR CALL TODAY!</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Register online Sunhealthwellbeing.org and click "Education" then "Register for Classes"</p> </div> <div style="text-align: center;">  <p>Register by phone 623-207-1703 *except where noted</p> </div> </div>		