

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 Starting April 18

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

Banner Estrella/Conference Room 3

9201 W. Thomas Rd., Phoenix

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

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

Sun Valley Lodge - 12415 N. 103rd Ave., Sun City

The Colonnade - 19116 Colonnade Way, Surprise

BONE & JOINT HEALTH

Oh My Aching Joints: Knee and Hip Pain

Wednesday, May 3; 9:30 to 10:30 a.m.

Dr. Omar Abdul-Hadi, of The CORE Institute, will be speaking on joint pain causes, treatment options, and preventative measures.

Location: The Colonnade

Prevention and Management of Osteoporosis

Tuesday, May 9; 9:30 to 10:30 a.m.

Approximately one half of all seniors suffer from low bone density in the form of osteoporosis or its precursor, osteopenia. Dr. Walter Nieri, geriatrician, will discuss appropriate screening and evaluation, available treatment options, and overall management of osteoporosis.

Location: Sun Valley Lodge

Lifestyle Behaviors to Prevent & Treat Osteoporosis

Join us to learn how nutrition and exercise affect bone health and the steps you can take to prevent osteoporosis or halt its progress.

Friday, May 12; 1:30 to 3 p.m.

Location: Center for Health & Wellbeing

Monday, May 15; 9 to 10:30 a.m.

Location: Banner Boswell/Juniper Conf. Room

Osteoporotic Fractures: Treatment & Prevention

Wednesday, May 24; 9:30 to 10:30 a.m.

Dustin Sepich, MD, orthopedic surgeon, will talk about the types of osteoporotic fractures, operative and non-operative treatment options and how to improve bone health to prevent future fractures.

Location: Banner Boswell/Juniper Conf. Room

CANCER CARE

Healthy Meal Prep for Cancer

Friday, May 5 or 19; 10 to 11 a.m.

Focusing on Sliced and Spiralized Vegetables (5/5) and Plant Proteins (5/19), learn how to create easy and affordable dishes packed with antioxidants and flavor. In partnership with Cancer Support Community Arizona.

Location: Center for Health & Wellbeing

Frankly Speaking about Cancer: Treatment & Side Effects
Thursday, May 18; 9:30 to 11 a.m.

Govardhanan Nagaiah, MD, MS, of Arizona Oncology, will discuss how to manage the physical and psychological effects of cancer treatment. Complimentary copies of a booklet entitled *Frankly Speaking about Cancer: Cancer Treatment* will be provided.

Location: PORA

DIABETES CARE

Diabetes Connection Support Group
Monday, May 15; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes to gather together to share and learn in your pursuit of healthy living. Our topic will be Have Diabetes, Will Travel. **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 Medicare & most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.

Starts Tuesday, May 23:

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

Starts Wednesday, May 24:

9:30 to 11:30 a.m.; Banner Estrella/Conf. Room 3

📌 Annual Diabetes Self-Management Training

Wednesday, May 24; 1:30 to 3:30 p.m.

This class is designed for those who have previously completed a Diabetes Self-Management Training series. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support.

Please call 623-832-WELL (9355) by May 19 to register. Fee covered by most insurance plans.

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing
Tuesday, May 2; 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

📌 Meditation Series: Beat the Heat with Relaxation

Thursdays, 3 to 4 p.m.; Series MO1: May 11, 25; June 8, 22; July 13, 27; Aug. 10, 24.

Back by popular demand, Sally Charalambous demonstrates her relaxation techniques while participants learn the health benefits of meditation.

Note: This is an eight-class series with a \$40 fee. Class fees are nonrefundable unless the class is cancelled.

Location: Grandview Terrace H&R

📌 Stress Reduction through Self Hypnosis

Wednesday, May 17 and May 31; 1:30 to 3 p.m.

Carol-Ann Henritze, certified clinical hypnotherapist, guides the class through managing stress by applying the tools of self-hypnosis, diaphragmatic breathing, visualization and affirmations. **Note: This is a two-class series with a \$40 fee. Class fees are nonrefundable unless the class is cancelled.**

Location: The Colonnade

Make Your Wishes Known: Advance Directive Workshop
Thursday, May 18; 1:30 to 3:30 p.m.

Join Jennifer Keiser, LMSW, and Sun Health staff to review the Advance Directive forms and receive assistance with completing the necessary forms to make your end of life wishes known.

Location: Center for Health & Wellbeing

What's New with Dental Implants?

Monday, May 22; 1 to 2 p.m.

Are your teeth failing you? Dr. Minseok Kang, an Advance Implantologist, will explain the dental health circumstances that require replacement of your natural teeth and the recent advances in permanent denture implants.

Location: Faith Presbyterian Church

Free Community Stroke Screen

Tuesday, May 30; 8 a.m. to noon

In honor of National Stroke Awareness Month, Banner Del E. Webb Medical Center and Sun Health are pleased to offer free stroke screenings and education. The event will include stroke risk assessment, blood pressure check, cholesterol (includes HDL, calculated LDL, triglycerides), blood glucose screening, weight evaluation, body mass index screening, stroke education, consultations with pharmacists and physicians and the opportunity to meet Native Air Helicopter and EMS staff. **A 12-hour fasting is required. Light refreshments will be provided. Registration is required by Friday, May 26.**

Location: Banner Del E. Webb Medical Center Auditorium

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

Mondays – 8 to 9 a.m.; Series CY5:

May 1, 8, 15 & 22; Jun. 5, 12, 19 & 26

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

👉 Yoga for Optimal Health

Mondays – 9:30 to 10:30 a.m.; Series YO3:

May 1, 8, 15 & 22; Jun. 5, 12, 19 & 26

Yoga helps you move easier, improve flexibility, build strength and reduce stress. **Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.**

👉 Tai Chi

Mondays – 11 a.m. to noon; Series TC5:

May 1, 8, 15 & 22; Jun. 5, 12, 19 & 26

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

👉 Strength Training for Health

Mondays – 1 to 2 p.m.; Series ST5:

May 1, 8, 15 & 22; Jun. 5, 12, 19 & 26

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

HEART HEALTH

Taking Care of Your Heart

Tuesday, May 9; 9:30 to 10:30 a.m.

Join Anthony Martinez, RN, Clinical Program Manager for Heart Failure/Chest Pain, to learn Hands-Only Cardiopulmonary Resuscitation (CPR).

Location: Banner Boswell/Memorial Hall West

Blood Pressure Checks

Friday, May 12; 10 a.m. to noon

Wednesday, May 17; 2 to 4 p.m.

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

Registration is not required.

Location: Center for Health & Wellbeing

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, May 3 & 17; 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

SAFETY

AARP Smart Driver™ Course

Wednesday, May 10; 8:30 a.m. to 12:30 p.m.

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads. **Pre-registration is required. Fee is \$15 for AARP members and \$20 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.**

Location: Grandview Terrace H&R



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

May Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p>1</p> <ul style="list-style-type: none"> • Chair Yoga (CY5); 8 to 9 a.m. • Yoga for Optimal (Y03); 9:30 to 10:30 a.m. • Tai Chi (TC5); 11 a.m. to noon • Strength Training (ST5); 1 to 2 p.m. 	<p>2</p> <ul style="list-style-type: none"> • Tour of Center for Health & Wellbeing; 11 a.m. to noon 	<p>3</p> <ul style="list-style-type: none"> • Oh My Aching Joints: Knee & Hip Pain; 9:30 to 10:30 a.m. • Dementia Support Group; 3 or 4 p.m. 	<p>4</p>	<p>5</p> <ul style="list-style-type: none"> • Healthy Meal Prep for Cancer; 10 to 11 a.m.
<p>8</p> <ul style="list-style-type: none"> • Chair Yoga (CY5); 8 to 9 a.m. • Yoga for Optimal (Y03); 9:30 to 10:30 a.m. • Tai Chi (TC5); 11 a.m. to noon • Strength Training (ST5); 1 to 2 p.m. 	<p>9</p> <ul style="list-style-type: none"> • Taking Care of Your Heart; 9:30 to 10:30 a.m. • Prevention & Management of Osteoporosis; 9:30 to 10:30 a.m. 	<p>10</p> <ul style="list-style-type: none"> • AARP Safe Driver; 8:30 a.m. to 12:30 p.m. 	<p>11</p> <ul style="list-style-type: none"> • Meditation Series (M01); 3 to 4 p.m. (1 of 12) 	<p>12</p> <ul style="list-style-type: none"> • Blood Pressure Checks; 10 a.m. to noon • Lifestyle Behaviors to Prevent & Treat Osteoporosis; 1:30 to 3 p.m.
<p>15</p> <ul style="list-style-type: none"> • Chair Yoga (CY5); 8 to 9 a.m. • Prevent & Treat Osteoporosis; 9 to 10:30 a.m. • Yoga for Optimal (Y03); 9:30 to 10:30 a.m. • Tai Chi (TC5); 11 a.m. to noon • Strength Training (ST5); 1 to 2 p.m. • Diabetes Connection; 3 to 4 p.m. 	<p>16</p>	<p>17</p> <ul style="list-style-type: none"> • Stress Reduction through Self Hypnosis; 1:30 to 3 p.m. (1 of 2) • Blood Pressure Checks; 2 to 4 p.m. • Dementia Support Group; 3 to 4 p.m. 	<p>18</p> <ul style="list-style-type: none"> • Frankly Speaking about Cancer; 9:30 to 11 a.m. • Make Your Wishes Known: Advance Directive Workshop; 1:30 to 3:30 p.m. 	<p>19</p> <ul style="list-style-type: none"> • Healthy Meal Prep for Cancer; 10 to 11 a.m.
<p>22</p> <ul style="list-style-type: none"> • Chair Yoga (CY5); 8 to 9 a.m. • Yoga for Optimal (Y03); 9:30 to 10:30 a.m. • Tai Chi (TC5); 11 a.m. to noon • Strength Training (ST5); 1 to 2 p.m. • Dental Implants; 1 to 2 p.m. 	<p>23</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (1 of 5) • Diabetes Self-Management; 1:30 to 3:30 p.m. (1 of 5) 	<p>24</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (1 of 5) • Osteoporotic Fractures; 9:30 to 10:30 a.m. • Annual Diabetes Self-Management Training; 1:30 to 3:30 p.m. 	<p>25</p> <ul style="list-style-type: none"> • Meditation Series (M01); 3 to 4 p.m. (2 of 12) 	<p>26</p>
<p>29</p> <p>MEMORIAL DAY</p> 	<p>30</p> <ul style="list-style-type: none"> • Free Stroke Screen; 8 a.m. to noon • Diabetes Self-Management; 9:30 to 11:30 a.m. (2 of 5) • Diabetes Self-Management; 1:30 to 3:30 p.m. (2 of 5) 	<p>31</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (2 of 5) • Stress Reduction through Self Hypnosis; 1:30 to 3 p.m. (2 of 2) 	<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>	