

New This Month:
See the location key below to match our shorter location descriptions for each class.

Classes & Events

Class Registration Begins on Sept. 20.

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



Register online

Visit 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.

LOCATION KEY:

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

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

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

The Colonnade - 19116 Colonnade Way, 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

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

BRAIN HEALTH

Meditation for Healthy Living

Meditation is commonly used for relaxation and stress reduction. A growing body of scientific research supports its health benefits. Learn how to incorporate meditation into your everyday life.

Monday, Oct. 3; 9:30 to 10:30 a.m.

Location: The Colonnade

Thursday, Oct. 20; 10 to 11 a.m.

Location: PORA

Strengthening the Domains of Your Brain

Wednesday, Oct. 12; 9 to 11:30 a.m.

Your brain is much more than memory. Join Heather Mulder, Banner Alzheimer's Institute, to learn about the domains of your brain, such as cognition, language and memory. You can use this class as a "personal trainer" to strengthen the domains that need improvement.

Location: Grandview Terrace H&R

BONE & JOINT HEALTH

Hip Care & the Anterior Approach to Total Hip Replacement

Tuesday, Oct. 11; 1 to 2 p.m.

Dr. Heather Woodin provides expert knowledge on hip health and describes the benefits of the Anterior Approach to Total Hip Replacement Surgery, a less-invasive approach allowing you to recover quickly and get you back to your normal daily activities.

Location: La Loma Village H&R

CANCER CARE

Frankly Speaking About Cancer: Treatments and Side Effects

Monday, Oct. 3; 1 to 2:30 p.m.

This workshop features ways to help manage the physical and psychological effects of cancer treatment.

Location: Faith Presbyterian Church

Healthy Meal Preparation for Cancer
Wednesdays, Oct. 5 & 19; 9 to 10 a.m.

Chef Madelyn Pryor will demonstrate easy, nutritious meals. October will feature Salads (Oct. 5) & Smoothies (Oct. 19). Open to cancer survivors, family and friends.
Location: Center for Health & Wellbeing

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

DIABETES CARE

Could You Be Too Sweet? An Introduction to Diabetes

Have you or someone you know been diagnosed with diabetes? Registered Dietitian Tracy Garrett, who is a certified diabetes educator, leads this introductory class about improving your blood sugars and overall health.

Monday, Oct. 3; 1:30 to 2:30 p.m.

Location: Boswell/Juniper

Friday, Oct. 7; 10 to 11 a.m.

Location: The Colonnade

💰 Diabetes Self-Management Education

This four-week, fast-track course provides guidance to help prevent diabetic complications and improve overall health. This series is taught by Tracy Garrett and Susan Welter, registered dietitians and certified diabetes educators; and Rhonda Zonoozi, exercise physiologist and certified health coach. **Call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by insurance and requires a physician referral. Register at least one week prior to the start of the series.**

Starts Tuesday, Oct. 25; 9:30 a.m. to noon

Location: Center for Health & Wellbeing

Starts Wednesday, Oct. 26; 9:30 a.m. to noon

Location: La Loma Village H&R

Starts Thursday, Oct. 27; 9:30 a.m. to noon

Location: Boswell/Chapman

Diabetes Connection Support Group
Monday, Oct. 17; 3 to 4 p.m.

A monthly group for individuals who have diabetes to share and learn. **Registration is not required.**
Location: Center for Health & Wellbeing

Surgical Intervention for Diabetes
Tuesday, Oct. 18; 10 to 11 a.m.

Surgery has become one of the most effective tools for the treatment of diabetes. Join bariatric surgeon David Podkameni, MD, to learn about research supporting the role of bariatric surgery in treating obesity and diabetes.
Location: La Loma Village MPR

HEALTH & WELLBEING

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

Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff.
Location: Center for Health & Wellbeing

Bladder Drop

Wednesday, Oct. 5; 9:30 to 10:30 a.m.

Bladder drop or pelvic organ prolapse is a common condition that causes various issues with bladder emptying, pelvic pressure and urinary leakage. Join obstetrician/gynecologist Dr. Afshin Malaki to review surgical and non-surgical options.
Location: The Colonnade

The Steps to Appropriate Advance Care Planning
Thursday, Oct. 6; 9:30 to 10:30 a.m.

Dr. Manouchka Joseph, medical director, Palliative Care for Banner Medical Group, will explain the purpose of advance directives, what documents are available and the pathways available to ensure wishes are honored.
Location: La Loma Village H&R

Why Calcium Matters

Tuesday, Oct. 25; 9:30 to 10:30 a.m.

Mira Milas, MD, surgeon and chief of endocrine surgery at Banner - University Medical Center Phoenix, will discuss the role of calcium in daily health and common calcium disorders. Attendees will learn about related symptoms and those small and interesting calcium-regulating glands - the parathyroids.
Location: Grandview Terrace H&R

Class Registration Begins on Sept. 20.

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

Dr. Jeffrey Ronn, pulmonologist from Sunrise Medical Group, will discuss "Advance Directives."

Location: Boswell/Juniper

MEMORY CARE**The Dementia Journey****Friday, Oct. 28; 9:30 to 10:30 a.m.**

While the day-to-day care required by a person with dementia can be overwhelming, we take some time to learn how to provide joy along the journey, for the care partner and the person diagnosed. Michelle Toft, MSW, EdM, of Cypress Home Solutions, is the presenter.

Location: The Colonnade

NUTRITION**The Many Benefits of the Mediterranean Diet**

Join one of Sun Health's registered dietitians as she discusses the components of the Mediterranean style of eating and the potential benefits from adopting this eating style. Attendees will learn how to make simple shifts in their food choices.

Tuesday, Oct. 18; 10 to 11 a.m.

Location: Center for Health & Wellbeing

Wednesday, Oct. 19; 10 to 11 a.m.

Location: La Loma Village H&R

Monday, Oct. 24; 1:30 to 2:30 p.m.

Location: Boswell/Juniper

PHYSICAL FITNESS

All Physical Fitness classes are held at:
Center for Health & Wellbeing

Chair Yoga**Mondays, Oct. 3, 10, 17, 24, 31; 8 to 9 a.m.****Wednesdays, Oct. 5, 12, 19, 26; 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, Oct. 3, 10, 17, 24, 31; 11 a.m. to noon****Wednesdays, Oct. 5, 12, 19, 26; 11 a.m. to noon****Fridays, Oct. 7, 14, 21, 28; 11 a.m. to noon**

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

Yoga for Optimal Health**Mondays, Oct. 3, 10, 17, 24, 31; 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, Oct. 3, 17, 24, 31; 1 to 2 p.m.****Fridays, Oct. 7, 21, 28; 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, Oct. 5, 12, 19, 26; 9:30 to 10:30 a.m.**

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.

Yogalates**Fridays, Oct. 7, 14, 21, 28; 9:30 to 10:30 a.m.**

This class emphasizes breathing through yoga poses and building core strength with Pilates to help improve sleep, decrease anxiety and help you feel restored. **Participants must be able to stand independently and to safely get up and down from the floor unassisted.**



October Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p>3</p> <ul style="list-style-type: none"> • Chair Yoga; 8 to 9 a.m. • Yoga for Optimal Health; 9:30 to 10:30 a.m. • Meditation; 9:30 to 10:30 a.m. • Tai Chi; 11 a.m. to noon • Strength Training; 1 to 2 p.m. • Frankly Speaking Abt Cancer; 1 to 2:30 p.m. • Intro to Diabetes 1:30 to 2:30 p.m. 	<p>4</p> <ul style="list-style-type: none"> • Center for Health & Wellbeing Tour; 11 a.m. to noon 	<p>5</p> <ul style="list-style-type: none"> • Chair Yoga; 8 to 9 a.m. • Healthy Meal Prep; 9 to 10 a.m. • Bladder Drop; 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. 	<p>6</p> <ul style="list-style-type: none"> • Advanced Care Planning; 9:30 to 10:30 a.m. 	<p>7</p> <ul style="list-style-type: none"> • Strength Training for Health; 8 to 9 a.m. • Yogalates; 9:30 to 10:30 a.m. • Intro to Diabetes; 10 to 11 a.m. • Tai Chi; 11 a.m. to noon
<p>10</p> <ul style="list-style-type: none"> • Chair Yoga; 8 to 9 a.m. • Yoga for Optimal Health; 9:30 to 10:30 a.m. • Tai Chi; 11 to noon 	<p>11</p> <ul style="list-style-type: none"> • Taking Care of Your Heart; 9:30 to 10:30 a.m. • Hip Care/Anterior Approach; 1 to 2 p.m. 	<p>12</p> <ul style="list-style-type: none"> • Chair Yoga; 8 to 9 a.m. • Domains of Your Brain; 9 to 11:30 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. 	<p>13</p>	<p>14</p> <ul style="list-style-type: none"> • Yogalates; 9:30 to 10:30 a.m. • Tai Chi; 11 a.m. to noon
<p>17</p> <ul style="list-style-type: none"> • 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; 1 to 2 p.m. • Diabetes Support Group; 3 to 4 p.m. 	<p>18</p> <ul style="list-style-type: none"> • Mediterranean Diet; 10 to 11 a.m. • Surgical Intervention for Diabetes; 10 to 11 a.m. 	<p>19</p> <ul style="list-style-type: none"> • Chair Yoga; 8 to 9 a.m. • Healthy Meal Prep; 9 to 10 a.m. • Yoga for Relaxation; 9:30 to 10:30 a.m. • Mediterranean Diet; 10 to 11 a.m. • Tai Chi; 11 a.m. to noon • Chair Yoga; 1 to 2 p.m. 	<p>20</p> <ul style="list-style-type: none"> • Meditation for Healthy Living; 10 to 11 a.m. 	<p>21</p> <ul style="list-style-type: none"> • Strength Training for Health; 8 to 9 a.m. • Yogalates; 9:30 to 10:30 a.m. • Tai Chi; 11 a.m. to noon
<p>24</p> <ul style="list-style-type: none"> • 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; 1 to 2 p.m. • Mediterranean Diet; 1:30 to 2:30 p.m. 	<p>25</p> <ul style="list-style-type: none"> • Why Calcium Matters; 9:30 to 10:30 a.m. • Diabetes Self-Management; 9:30 a.m. to noon (1 of 4) 	<p>26</p> <ul style="list-style-type: none"> • Chair Yoga; 8 to 9 a.m. • Yoga for Relaxation; 9:30 to 10:30 a.m. • Diabetes Self-Management; 9:30 a.m. to noon (1 of 4) • Tai Chi; 11 a.m. to noon • Chair Yoga; 1 to 2 p.m. 	<p>27</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 a.m. to noon (1 of 4) 	<p>28</p> <ul style="list-style-type: none"> • Strength Training; 8 to 9 a.m. • The Dementia Journey; 9:30 to 10:30 a.m. • Yogalates; 9:30 to 10:30 a.m. • Tai Chi; 11 a.m. to noon
<p>31</p> <ul style="list-style-type: none"> • 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; 1 to 2 p.m. 	<p>REGISTRATION REQUIRED FOR MOST CLASSES CLICK OR CALL TODAY!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Register online Sunhealthwellbeing.org and click "Education"</p> </div> <div style="text-align: center;">  <p>Register by phone 623-207-1703 <i>*except where noted</i></p> </div> </div>			