

Classes & Events


REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

 **Register online**

Visit sunhealthcommunityeducation.org

 **Register by phone Starting August 22**
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. Class fees are nonrefundable unless the class is canceled.**

LOCATION KEY:

Banner Boswell/Chapman 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/Conf. 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

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

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

The Colonnade — 19116 Colonnade Way, Surprise

BRAIN HEALTH

Seven Ways to Improve Your Memory

Friday, Sept. 15; 11 a.m. to noon

Join Anthony Stannard, DPT, to learn seven techniques to help support your brain health and cognitive functioning.

Location: La Loma Village H&R

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Sept. 1 & 15; 10 to 11 a.m.

Open to cancer survivors, family and friends, join Chef Debra to create easy and affordable dishes packed with antioxidants and flavor. Topics will be Fall Vegetables (9/1) and Using Healthy Oils (9/15). In partnership with Cancer Support Community of Arizona.

Location: Center for Health & Wellbeing

DIABETES CARE

Diabetes Self-Management Education

This accredited five-week course provides the guidance needed to help prevent or delay 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 and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

Starts Tuesday, Sept. 12:

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, Sept. 13:

2 to 4 p.m.; Banner Estrella/Conf. Room 3

Diabetes Connection Support Group

Monday, Sept. 18; 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. Our topic will be diabetes and dietary supplements. **Registration is not required.**

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

🕒 Aging Mastery Program®

**Tuesdays – Sept. 5, 12, 19, 26; Oct. 3, 10, 17, 24, 31;
Nov. 7; 9 to 10:30 a.m.**

Sun Health has partnered with the Area Agency on Aging and the National Council on Aging to offer the Aging Mastery Program®, a 10-week course to inform and support older adults and boomers in the pursuit of healthy aging by focusing on key aspects of health, finance, relationships, personal growth, and community involvement. **Please call 602-264-4357 or go online to aaaphx.org to register.**

Note: This is a 10 class series with a \$75 fee payable to Area Agency on Aging.

Location: The Colonnade

Take a Tour of the Sun Health Center for Health & Wellbeing **Tuesday, Sept. 5; 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

🕒 Go4Life®

Thursdays; Sept. 7 & 14; 1:30 to 3 p.m.

The **Go4Life®** campaign was developed to motivate older adults to become physically active for the first time, return to exercise after a break in their routine, or build more exercise and physical activity into their day. Join Exercise Physiologist Rhonda Zonoozi to learn the important benefits of exercise, recommended exercises, and how to stay safe while doing physical activity. **Go4Life®** materials will be provided.

Go4Life® is a registered trademark of the U. S. Department of Health & Human Services. Participation by Sun Health does not imply endorsement by HHS/NIH/NIA. **Note: This is a two-class series with a \$20 fee.**
Location: Center for Health & Wellbeing

Stay Young, Live Longer

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

No one wants to grow old and not be able to do things that bring them enjoyment and enhance their quality of life. Walter Nieri, MD, will outline ways to improve and maintain your ability to live life to the fullest.

Location: Banner Boswell/Memorial Hall West
SunHealthLiveWell.org

The Brain & Body Donation Program at Banner Sun Health Research Institute

Thursday, Sept. 21; 9:30 to 11 a.m.

Considering participating? Thomas Beach, MD, PhD, director of the Brain and Body Donation Program at Banner Sun Health Research Institute, will review the history of this program, its accomplishments and outline how you can participate in this world-renowned program.

Location: PORA

My Aching Back & Managing the Pain

Thursday, Sept. 28; 2 to 3 p.m.

In this presentation, Sheba J. Shah, MD, presents common reasons for low back pain, the medical conditions that can cause it and the treatments that are currently available.

Location: Banner Boswell/Chapman Conf. Room

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Sept. 6 & 20; 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

Is It Time for Change?

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

Sun Health Memory Care Navigator Jane Harrison will explore signs and signals that indicate a change in your home situation is ahead. If we anticipate change, we can be better prepared! A self-assessment/inventory will be included.

Location: Grandview Terrace H&R

Introduction to Meditation for Stressed Caregivers

Monday, Sept. 25; 1 to 2 p.m.

Join Marty Finley, MEd, to learn how to manage stress and focus your thinking using easy to follow meditation methods designed for the caregiver in the household.

Location: Faith Presbyterian Church

Partners in Care: Communication Strategies across the Continuum**Wednesday, Sept. 27; 1:30 to 2:30 p.m.**

David Coon, PhD, associate dean for the ASU College of Nursing and Health Innovation, discusses how effective communication between care partners is affected by progressive memory loss. Learn better ways to communicate with your partner that will help family, friends, and professionals in the future.

Location: *The Colonnade*

NUTRITION**"Weigh" to Go! - An Introduction to Weight Loss**
Friday, Sept. 8; 1:30 to 2:30 p.m.

Join Sun Health's Registered Dietician Tracy Garrett and Exercise Physiologist Rhonda Zonoozi to learn the benefits and strategies of successful weight loss. Attendees will also learn about Sun Health's upcoming "Weigh" to Go! 12-week weight loss program.

Location: *Center for Health & Wellbeing*

"Weigh" to Go! Weight Loss Series
Starts Friday, Sept. 22; 1:30 to 3 p.m.

This 12-week interactive series is designed to help you safely lose and maintain weight with healthy eating, increased activity and behavior modification. The series is taught by Tracy Garrett, registered dietitian/nutritionist, 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*

PHYSICAL FITNESS

All classes held at Center for Health & Wellbeing

Note: Physical fitness classes are offered in an eight-class series for \$40.

Chair Yoga**Mondays - 8 to 9 a.m.; Series CY9:**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30

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 YO5:**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30

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 TC9:**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30

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

Strength Training for Health**Mondays - 1 to 2 p.m.; Series ST9:**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23 & 30

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

SAFETY**Stand Up to Falling Down****Friday, Sept. 22; 8:30 a.m. to 12:30 p.m.**

In recognition of National Falls Prevention Awareness Day, Sun Health is hosting a Fall Prevention Screening and Awareness Event that will feature educational presentations from health professionals and complimentary individual fall risk screenings. Appointments are required for fall risk screenings. **Call 623-832-WELL (9355) to reserve your screening appointment.**

Location: *The Colonnade*

Trauma/Injury Prevention Event**Saturday, Sept. 30; 10:30 a.m. to 1:30 p.m.**

Bring the whole family to this community event featuring the Banner Traveling Safety Town. Staff and city personnel will offer safety and injury prevention education and demos related to car seats, falls, poison, ATV, accidents and much more! **Call 602-230-CARE (2273) to register.**

Location: *Banner Del E. Webb Medical Center Auditorium*

**Need a Ride?**

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

September Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri

REGISTRATION REQUIRED FOR MOST CLASSES
CLICK OR CALL TODAY!



Register online
Starting August 22
sunhealthcommunity
education.org



Register by phone
Starting August 22
623-207-1703
**except where noted*

1

- Healthy Meal Prep for Cancer; 10 to 11 a.m.

Note: Fri. exercise classes continue from prior month. Next series begins **October 13, 2017.**



4

- Aging Mastery Program®; 9 to 10:30 a.m.. **(1 of 10)**
- Take a Tour of CHW; 11 a.m. to noon

5

- Dementia Support Group; 3 to 4 p.m.

6

Note: Wed. exercise classes continue from prior month. Next series begins **October 11, 2017.**

7

- **Go4Life®**; 1:30 to 3 p.m. **(1 of 2)**

8

- "Weigh" to Go! Introduction; 1:30 to 2:30 p.m.

11

- Chair Yoga **(CY9)**; 8 to 9 a.m.
- Yoga for Optimal **(Y05)**; 9:30 to 10:30 a.m.
- Tai Chi **(TC9)**; 11 a.m. to noon
- Strength Training **(ST9)**; 1 to 2 p.m.

12

- Aging Mastery Program®; 9 to 10:30 a.m. **(2 of 10)**
- Diabetes Self-Management; 9:30 to 11:30 a.m. **(1 of 5)**
- Stay Young, Live Longer; 9:30 to 10:30 a.m.
- Diabetes Self-Management; 1:30 to 3:30 p.m. **(1 of 5)**

13

- Is It Time for Change?; 9:30 to 10:30 a.m.
- Diabetes Self-Management; 2 to 4 p.m. **(1 of 5)**

14

- **Go4Life®**; 1:30 to 3 p.m. **(2 of 2)**

15

- Healthy Meal Prep for Cancer; 10 to 11 a.m.
- Seven Ways to Improve Your Memory; 11 a.m. to noon

18

- Chair Yoga **(CY9)**; 8 to 9 a.m.
- Yoga for Optimal **(Y05)**; 9:30 to 10:30 a.m.
- Tai Chi **(TC9)**; 11 a.m. to noon
- Strength Training **(ST9)**; 1 to 2 p.m.
- Diabetes Support Group; 3 to 4 p.m.

19

- Aging Mastery Program®; 9 to 10:30 a.m. **(3 of 10)**
- 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)**

20

- Diabetes Self-Management; 2 to 4 p.m. **(2 of 5)**
- Dementia Support Group; 3 to 4 p.m.

21

- The Brain & Body Donation Program; 9:30 to 11 a.m.

22

- Stand Up to Falling Down; 8:30 a.m. to 12:30 p.m.
- "Weigh" to Go!; 1:30 to 3 p.m. **(1 of 12)**

25

- Chair Yoga **(CY9)**; 8 to 9 a.m.
- Yoga for Optimal **(Y05)**; 9:30 to 10:30 a.m.
- Tai Chi **(TC9)**; 11 a.m. to noon
- Strength Training **(ST9)**; 1 to 2 p.m.
- Meditation for Stressed Caregivers; 1 to 2 p.m.

26

- Aging Mastery Program®; 9 to 10:30 a.m. **(4 of 10)**
- Diabetes Self-Management; 9:30 to 11:30 a.m. **(3 of 5)**
- Diabetes Self-Management; 1:30 to 3:30 p.m. **(3 of 5)**

27

- Partners in Care: Communication Strategies; 1:30 to 2:30 p.m.
- Diabetes Self-Management; 2 to 4 p.m. **(3 of 5)**

28

- My Aching Back & Managing the Pain; 2 to 3 p.m.

29

- "Weigh" to Go!; 1:30 to 3 p.m. **(2 of 12)**

Sat - 30

- Trauma/Injury Prevention; 10:30 a.m. to 1:30 p.m.