

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.



Register online

Visit sunhealthcommunityeducation.org



Register by phone Starting December 19

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/Juniper Conf. Room — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Boswell/Chapman Conf. Room — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Estrella/Conf. Room 3 — 9201 W. Thomas Rd., Phoenix

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

Grace Bible Church — 19280 N. 99th Ave., Sun City

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

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

Sun City West Foundation/Webb Room — 14465 W. RH Johnson Blvd., Sun City West

The Colonnade — 19116 N. Colonnade Way, Surprise

BRAIN HEALTH

Memory Loss: When to Take the Keys

Thursday; Jan. 18; 9 a.m. to noon

Join Dr. Bryan Spann & Lori Nisson of Banner Sun Health Research Institute and attorney Lora Johnson to learn about the neurological changes that impair driving, the legal perspective and how to address driving with family members with dementia. Panel discussion and resources available to answer your questions.

Location: Grace Bible Church

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Jan. 5 & 19; 10 to 11 a.m.

Open to cancer survivors, family and friends, join Chef Debra of Cancer Support Community of Arizona to learn how to create easy and affordable dishes packed with antioxidants and flavor. Topics will be (1/5) Citrus Splendor and (1/19) Quick & Healthy Soups.

Location: The Colonnade

DIABETES CARE

Prediabetes: Know If You Are at Risk & What You Can Do About It

One out of three American adults has prediabetes, and most do not know it. Join Sun Health's Rhonda Zonoozi to learn how people with prediabetes can prevent or delay diabetes with simple lifestyle changes.

Thursday, Jan. 4; 9 to 10 a.m.

Location: Center for Health & Wellbeing

Thursday, Jan. 4; 1:30 to 2:30 p.m.

Location: Banner Boswell/Chapman Conf. Room



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

💰 **Diabetes Prevention (Prediabetes) Program**

The 16-week National Diabetes Prevention Program is a research-based program focused on weight management, nutrition, exercise and behavior modification for lifestyle changes to prevent or delay Type 2 diabetes. Includes seven monthly maintenance sessions at conclusion of series. **Call 623-832-WELL (9355) to register and inquire about the cost.**

Starts Thursday, Jan. 11:

9 to 10 a.m.; Center for Health & Wellbeing

1:30 to 2:30 p.m.; Banner Boswell/Chapman Conf. Room

Diabetes Connection Support Group

Monday, Jan. 15; 3 to 4 p.m.

This monthly group is for those with diabetes or prediabetes to share and learn in pursuit of healthy living. Our topic will be "Starting the New Year with a New Outlook." **Registration is not required.**

Location: Center for Health & Wellbeing

💰 **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. Medicare and most insurance providers cover the fee for this series, which requires a physician referral. Registration deadline: Jan. 9.**

Starts Tuesday, Jan. 16:

9:30 to 11:30 a.m.; Center for Health & Wellbeing

2 to 4 p.m.; Banner Boswell/Juniper Conf. Room

Starts Wednesday, Jan. 17:

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

HEALTH & WELLBEING

2018 Medicare 101 Workshop

Susanne Tatz, an independent health insurance broker, will cover the ABC & D's of Medicare and the changes for 2018, including whether you qualify for "Extra Help" on prescriptions or Part B premiums.

Monday, Jan. 8; 2 to 3:30 p.m.

Location: The Colonnade

Tuesday, Jan. 23; 10 to 11:30 a.m.

Location: La Loma Village MPR

SunHealthLiveWell.org

💰 **What's Next? Create a Life of Your Choosing**

Wednesdays, Jan. 10, 17, 24 & 31; 10 to 11:30 a.m.

Back by popular demand, Linda Burrige will lead you through a process to create your vision for personal change, reconfirm your values, strengths and passions and identify resources for support. **Note: Registration for this four-class series requires 45 class credits (\$45).**

Location: The Colonnade

💰 **Grief & Loss Series**

Thursdays, Jan. 11, 18, 25, Feb. 1, 8, 15, 22; Mar. 1; 9:30 to 11 a.m.

The Grief Recovery Method® program, taught by Rev. David Klumpenhower, makes it possible to move on after loss, while also providing a safe environment, guidance and tools to help you lead a happier life. **Note: Registration for this series requires 10 class credits for class book (\$10).**

Location: Grandview Terrace H&R

Staying Connected for Longevity & Quality of Life

Monday, Jan. 22; 9:30 to 11 a.m.

Kathy O'Connor from the Banner Sun Health Research Institute's Center for Healthy Aging will reveal new research about socialization and its impact on successful aging. Information will be provided and local resources will be on hand to learn about activities to help stay active and socially engaged. Part of the "Our Neighbor Network" Seminar Series.

Location: SCW Foundation Building/Webb Room

💰 **Laughter & Your Health: Stand-Up Comedy**

Wednesday, Jan. 24; 2 to 3:30 p.m.

Love to laugh? Sun Health's Rhonda Zonoozi will share the health benefits of laughter as stand-up comedian Silver Rose blends funny stories with one-liners from comics of yesterday, highlighted with videos and photos. **Note: Registration for this class requires 20 class credits (\$20).**

Location: The Colonnade

HEART HEALTH

Your Heart Valves

Tuesday, Jan. 30; 2 to 3:30 p.m.

Interventional cardiologist Divya Verma, MD, will explain how heart valve disease is diagnosed and share new advanced therapies that are available.

Location: Banner Boswell/Juniper Conf. Room

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Jan. 3 & 17; 3 to 4 p.m.

Marty Finley, MEd, Sun Health's Memory Care Navigator, 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

Memory Training

Wednesday, Jan. 17; 1 to 2:30 p.m.

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

Location: Grandview Terrace H&R

NUTRITION

"Weigh" to Go! – An Introduction to Weight Loss

Friday, Jan. 12; 8:30 to 9:30 a.m.

Join Sun Health's Registered Dietitian Susan Welter and Exercise Physiologist Rhonda Zonoozi to learn the benefits and strategies of successful weight loss. Attendees will also learn how to enroll in our upcoming "Weigh" to Go! 12-week weight loss program.

Location: Center for Health & Wellbeing

📍 "Weigh" to Go! – Weight Loss Series

Starts Friday, Jan. 26; 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. **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 eight-class series. Registration for a series requires 40 class credits (\$40).

📍 Chair Yoga

Mondays – 8 to 9 a.m.; Series CY15:

Jan. 8, 15, 22, 29; Feb. 5, 12, 19 & 26

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

📍 Mat Yoga

Mondays – 9:30 to 10:30 a.m.; Series MY1:

Jan. 8, 15, 22, 29; Feb. 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 TC15:

Jan. 8, 15, 22, 29; Feb. 5, 12, 19 & 26

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 ST15:

Jan. 8, 15, 22, 29; Feb. 5, 12, 19 & 26

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

SAFETY

📍 Matter of Balance

Fridays – Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2 & 9, 2018; 2 to 4 p.m.

Are you concerned about falling, or have you fallen in the past? Have you restricted activities because of the fear of falling? This eight-class evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults. **Note: Registration for this eight-class series requires 25 class credits (\$25).**

Location: Grandview Terrace H&R

January Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Happy New Year! Our Offices are Closed</p>	<p>2</p>	<p>3</p> <ul style="list-style-type: none"> Dementia Support Group; 3 to 4 p.m. <p>Note: Wed. exercise classes continue from prior month. Next series begins on February 7, 2018</p>	<p>4</p> <ul style="list-style-type: none"> Prediabetes: Knowing If You Are at Risk; 9 to 10 a.m. Prediabetes: Knowing If You Are at Risk; 1:30 to 2:30 p.m. 	<p>5</p> <ul style="list-style-type: none"> Healthy Meal Prep; 10 to 11 a.m. <p>Note: Fri. exercise classes continue from prior month. Next series begins on February 9, 2018</p>
<p>8</p> <ul style="list-style-type: none"> Chair Yoga (CY15); 8 to 9 a.m. Mat Yoga (MY1); 9:30 to 10:30 a.m. Tai Chi (TC15); 11 a.m. to noon Strength Training (ST15); 1 to 2 p.m. 2018 Medicare 101 Workshop; 2 to 3:30 p.m. 	<p>9</p>	<p>10</p> <ul style="list-style-type: none"> Create a Life of Your Choosing; 10 to 11:30 a.m. (1 of 4) 	<p>11</p> <ul style="list-style-type: none"> Diabetes Prevention Program; 9 to 10 a.m. (1 of 16) Grief & Loss Series; 9:30 to 11 a.m. (1 of 8) Diabetes Prevention Program; 1:30 to 2:30 p.m.; (1 of 16) 	<p>12</p> <ul style="list-style-type: none"> "Weigh" to Go! Introduction; 8:30 to 9:30 a.m.
<p>15</p> <ul style="list-style-type: none"> Chair Yoga (CY15); 8 to 9 a.m. Mat Yoga (MY1); 9:30 to 10:30 a.m. Tai Chi (TC15); 11 a.m. to noon Strength Training (ST15); 1 to 2 p.m. Diabetes Support Group; 3 to 4 p.m. 	<p>16</p> <ul style="list-style-type: none"> Diabetes Self-Management; 9:30 to 11:30 a.m. (1 of 5) Diabetes Self-Management; 2 to 4 p.m. (1 of 5) 	<p>17</p> <ul style="list-style-type: none"> Diabetes Self-Management; 9:30 to 11:30 a.m. (1 of 5) Create a Life of Your Choosing; 10 to 11:30 a.m. (2 of 4) Memory Training; 1 to 2:30 p.m. Dementia Support Group; 3 to 4 p.m. 	<p>18</p> <ul style="list-style-type: none"> Memory Loss: When to Take the Keys; 9 a.m. to noon Diabetes Prevention; 9 to 10 a.m. (2 of 16) Grief & Loss Series; 9:30 to 11 a.m. (2 of 8) Diabetes Prevention; 1:30 to 2:30 p.m. (2 of 16) 	<p>19</p> <ul style="list-style-type: none"> Healthy Meal Prep; 10 to 11 a.m. Matter of Balance; 2 to 4 p.m. (1 of 8)
<p>22</p> <ul style="list-style-type: none"> Chair Yoga (CY15); 8 to 9 a.m. Mat Yoga (MY1); 9:30 to 10:30 a.m. Staying Connected; 9:30 to 11 a.m. Tai Chi (TC15); 11 a.m. to noon Strength Training (ST15); 1 to 2 p.m. 	<p>23</p> <ul style="list-style-type: none"> Diabetes Self-Management; 9:30 to 11:30 a.m. (2 of 5) 2018 Medicare 101 Workshop; 10 to 11:30 a.m. Diabetes Self-Management; 2 to 4 p.m. (2 of 5) 	<p>24</p> <ul style="list-style-type: none"> Diabetes Self-Management; 9:30 to 11:30 a.m. (2 of 5) Create a Life of Your Choosing; 10 to 11:30 a.m. (3 of 4) Laughter & Your Health; 2 to 3 p.m. 	<p>25</p> <ul style="list-style-type: none"> Diabetes Prevention; 9 to 10 a.m. (3 of 16) Grief & Loss Series; 9:30 to 11 a.m. (3 of 8) Diabetes Prevention; 1:30 to 2:30 p.m. (3 of 16) 	<p>26</p> <ul style="list-style-type: none"> "Weigh" to Go!; 8:30 to 10 a.m. (1 of 12) Matter of Balance; 2 to 4 p.m. (2 of 8)
<p>29</p> <ul style="list-style-type: none"> Chair Yoga (CY15); 8 to 9 a.m. Mat Yoga (MY1); 9:30 to 10:30 a.m. Tai Chi (TC15); 11 a.m. to noon Strength Training (ST15); 1 to 2 p.m. 	<p>30</p> <ul style="list-style-type: none"> Diabetes Self-Management; 9:30 to 11:30 a.m. (3 of 5) Your Heart Valves; 2 to 3:30 p.m. Diabetes Self-Management; 2 to 4 p.m. (3 of 5) 	<p>31</p> <ul style="list-style-type: none"> Diabetes Self-Management; 9:30 to 11:30 a.m. (3 of 5) Create a Life of Your Choosing; 10 to 11:30 a.m. (4 of 4) 	<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 Starting December 19 sunhealthcommunityeducation.org</p> </div> <div style="text-align: center;">  <p>Register by phone Starting December 19 623-207-1703 <i>*except where noted</i></p> </div> </div>	