


Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

 **Register online** begins at 6 a.m.
 Visit sunhealthcommunityeducation.org

 **Register by phone** Starting January 23
 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/Memorial Hall West — Support Services, 1st Floor, 13180 N. 103rd Dr., Sun City

Banner Thunderbird/Conf. Room 3A — 5555 W. Thunderbird Road, Glendale

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

Iora Primary Care — 13940 W. Meeker Blvd, Suite 101, Sun City West

La Loma Village H&R — La Loma Village Health and Rehabilitation Center, 14260 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

Normal Aging vs. Dementia

Wednesday, Feb. 7; 10 to 11:30 a.m.

Join Sun Health's Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

Location: Banner Boswell/Memorial Hall West

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Feb. 2 & 16; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create Under the Sea — Veggies (2/2) and Healing Broths (2/16).

Location: The Colonnade

DIABETES CARE

 **Annual Diabetes Self-Management Education**
Monday, Feb. 12; 1:30 to 3:30 p.m.

This class is for those who have previously completed a Diabetes Self-Management program. 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 Feb. 7 to register. Fee covered by most insurance plans.**

Location: The Colonnade

Diabetes Support Group

Monday, Feb. 19; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. Topic: myths & facts about the health benefits of chocolate. **Registration is not required.**

Location: Center for Health & Wellbeing



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

💰 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. Please register by Tuesday, Feb. 20.**

Starts Tuesday, Feb. 27:

9:30 to 11:30 a.m.; Center for Health & Wellbeing
2 to 4 p.m.; Banner Boswell/Juniper Conf. Room

Starts Wednesday, Feb. 28:

2:30 to 4:30 p.m.; Banner Thunderbird/Conf. Room 3A

💰 Chair Yoga Plus

Wednesdays – 9:30 to 10:30 a.m.; **Series CYP1:**
Feb. 7, 14, 21, 28; Mar. 7, 14, 21 & 28

Chair Yoga using both seated and standing postures.
Participants must be able to stand independently.

💰 Tai Chi

Wednesdays – 11 a.m. to noon; **Series TC16:**
Feb. 7, 14, 21, 28; Mar. 7, 14, 21 & 28

Beginning Tai Chi modified for seniors.

💰 Strength Training for Health

Fridays – 11 a.m. to noon; **Series ST16:**
Feb. 9, 16, 23; Mar. 2, 9, 16, 23 & 30

Low-intensity class to strengthen the upper- and lower-body muscle groups.

💰 Fit & Balanced

Wednesdays – 1:30 to 2:30 p.m.; **Series FAB3:**
Feb. 21 & 28; Mar. 7, 14, 21 & 28; Apr. 4 & 11

Low-intensity class focusing on the strength, flexibility, and balance exercises using a chair as support.
Participants must be able to stand independently.

HEALTH & WELLBEING

Transportation Options for the Northwest Valley Monday, Feb. 5; 9:30 to 11 a.m.

Join representatives from Northwest Valley Connect and Valley Metro to learn about the transportation options available to local residents, including Dial-a-Ride, wheelchair-accessible options and low-income opportunities.

Location: SCW Foundation Building/Webb Room

MEMORY CARE

Dementia Caregiver Support Group Wednesdays, Feb. 7 & 21; 3 to 4 p.m.

Marty Finley, MEd, Sun Health's Memory Care Navigator, leads this support group. **Registration is not required.**

Location: Grandview Terrace H&R

PHYSICAL FITNESS

All classes held at the 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

Wednesdays – 8 to 9 a.m.; **Series CY16:**
Feb. 7, 14, 21, 28; Mar. 7, 14, 21 & 28

Beginning Chair yoga.

SAFETY

💰 Balance & Strength Training

Wednesdays – 3:30 to 4:30 p.m.; **Feb. 21 & 28; Mar. 7, 14, 21 & 28; Apr. 4 & 11**

Led by Rhonda Zonoozi, exercise physiologist, this advanced class emphasizes balance exercises, along with leg and core strength training. **Participants must be able to stand without assistance.** Call 623-832-WELL (9355) to register and inquire about cost.
Location: Center for Health & Wellbeing

💰 AARP Smart Driver™ Course

Monday, Feb. 19; 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: The Colonnade

February 2018



Signature Classes: Celebrating Heart Month

HEART HEALTH

How the Heart Works

Thursday, Feb. 1; 10 to 11:30 a.m.

In honor of National Heart Month, Iora Medical Director Rick Kratche, MD, will review the anatomy and key responsibilities of the heart.

Location: Iora Primary Care

Living Well with Congestive Heart Failure

Friday, Feb. 2; 10 a.m. to noon

Join Cardiac Educator Becky Kraemer, RN; and Exercise Physiologist Rhonda Zonoozi to learn about nutrition, medications, exercise and self-monitoring techniques that help you live well with this chronic condition.

Location: Banner Boswell/Juniper Conf. Room

Managing Atrial Fibrillation

Monday, Feb. 12; 2 to 3:30 p.m.

Atrial Fibrillation, or Afib, is the most common type of irregular heartbeat and can increase the risk of stroke. Cardiac Educator Becky Kraemer, RN, explains how to manage and live healthy with Afib.

Location: The Colonnade

Blood Pressure Check

Wednesday, Feb. 14; 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

Tips & Tools for Living with Heart Failure

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

Join Banner Boswell's Heart Failure/AMI Program Manager Nicole Petcu to learn about heart failure, ways to manage it and how "Hands Only CPR" is performed.

Location: Banner Boswell/Memorial Hall West

Romance & Your Heart

Friday, Feb. 16; 10 to 11:30 a.m.

Marina Mitchell, BSN, RN, will reveal the benefits of romance on heart health and how medications can affect your ability to enjoy romance.

Location: The Colonnade

Get the Facts about High Blood Pressure

Tuesday, Feb. 20; 2 to 3:30 p.m.

Join Sun Health's Exercise Physiologist Rhonda Zonoozi to discover the risks for developing high blood pressure, recommendations for prevention and treatment, and the new guidelines from the American Heart Association.

Location: Center for Health & Wellbeing

Overview of Implantable Cardiac Devices

Wednesday, Feb. 21; 10 to 11:30 a.m.

Life after Implant: Sean Morgan with Cardiac Solutions will discuss the indications, expectations, and benefits of common cardiac implantable electronic devices.

Location: The Colonnade

NUTRITION

Are You Ready to DASH?

Join Sun Health Registered Dietitian Tracy Garrett to discover how the award-winning DASH style of eating can promote heart and kidney health and improved wellbeing.

Friday, Feb. 9; 2 to 3:30 p.m.

Location: La Loma Village H&R

Monday, Feb. 26; 1:30 to 3 p.m.

Location: Faith Presbyterian Church

February Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri



We invite you to join Sun Health for a Special Presentation with Legendary Football Coach Lou Holtz on Feb. 13. See back page.

1

- How the Heart Works; 10 to 11:30 a.m.

2

- Healthy Meal Prep; 10 to 11 a.m.
- Congestive Heart Failure; 10 a.m. to noon

5

- Transportation Options for NW Valley; 9:30 to 11 a.m.

Note: Monday Exercise classes continue from prior month. Next series begins on March 5, 2018

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7

- Chair Yoga (**CY16**); 8 to 9 a.m.
- Chair Yoga Plus (**CYP1**); 9:30 to 10:30 a.m.
- Normal Aging vs. Dementia; 10 to 11:30 a.m.
- Tai Chi (**TC16**); 11 a.m. to noon
- Dementia Support Group; 3 to 4 p.m.

8

9

- Strength Training (**ST16**); 11 a.m. to noon
- Are You Ready to DASH? 2 to 3:30 p.m.

12

- Annual Diabetes Self-Management; 1:30 to 3:30 p.m.
- Atrial Fibrillation; 2 to 3:30 p.m.

13

14

- **CY16, CYP1 & TC16** continue
- Blood Pressure Checks; 2 to 4 p.m.

15

- Living with Heart Failure; 10 to 11 a.m.

16

- Healthy Meal Prep; 10 to 11 a.m.
- Romance & Your Heart; 10 to 11:30 a.m.
- **ST16** continues

19

- AARP Smart Driver; 8:30 a.m. to 12:30 p.m.
- Diabetes Connection; 3 to 4 p.m.

20

- Get the Facts about BP; 2 to 3:30 p.m.

21

- **CY16, CYP1 & TC16** continue
- Implantable Cardiac Devices; 10 to 11:30 a.m.
- Fit & Balanced (**FAB3**); 1:30 to 2:30 p.m.
- Dementia Support Group; 3 to 4 p.m.
- Balance & Strength (**1 of 8**); 3:30 to 4:30 p.m.

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23

- **ST16** continues

26

- Are You Ready to DASH? 1:30 to 3 p.m.

27

- Diabetes Self-Management (**1 of 5**); 9:30 to 11:30 a.m.
- Diabetes Self-Management (**1 of 5**); 2 to 4 p.m.

28

- **CY16, CYP1, TC16 & FAB3** continue
- Diabetes Self-Management; 2:30 to 4:30 p.m.
- Balance & Strength (**2 of 8**); 3:30 to 4:30 p.m.

**REGISTRATION REQUIRED FOR MOST CLASSES
CLICK OR CALL TODAY!**



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