


Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

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

 **Register by phone beginning at 8 a.m.**
 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/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
- 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
- Grace Bible Church** — 19280 N. 99th Ave., Sun City
- Grandview Terrace Ballroom** — Grandview Terrace, 4th Floor, 14515 W. Granite Valley Dr., Sun City West
- 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
- 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
- Sun City West Foundation/Webb Room** — 14465 W. RH Johnson Blvd., Sun City West
- The Colonnade** — 19116 N. Colonnade Way, Surprise

CANCER CARE

Healthy Meal Prep for Cancer

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

Join Chef Debra of Cancer Support Community of Arizona to learn about Ginger Goodness (3/2) and Taming Turmeric (3/16).

Location: The Colonnade

DIABETES CARE

Annual Diabetes Self-Management Education

Monday, Mar. 12; 9 to 11 a.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 Mar. 7 to register. Fee covered by most insurance plans.**

Location: Banner Boswell/Chapman Conference Room

Diabetes Support Group

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

This monthly group is for individuals who have diabetes or prediabetes to gather together to share and learn in pursuit of healthy living. **Registration is not required.**

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

Living with Meaning & Purpose After 65

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

There is a direct correlation between our overall health and our purpose that gives our life meaning. As we consciously age in a rapidly changing world, Terry Musch, executive coach, will discuss how we see our role in this significant moment.

Location: Iora Primary Care

Making the Most of Limited Resources: Tips for You & Your Neighbors

Monday, Mar. 5; 9:30 to 11 a.m.

Join representatives from Banner Olive Branch Senior Center Community Fund of Sun City West to learn about resources and discounted services available for local residents to stretch their hard-earned dollars.

Location: SCW Foundation/Webb Room

Take a Tour of the Sun Health Center for Health & Wellbeing

Tuesday, Mar. 6; 11 a.m. to noon

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

Location: Center for Health & Wellbeing

Understanding & Supporting Your Lymphatic System

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

The lymphatic system is instrumental in keeping us healthy and our immune system strong. Catherine Tatum, CLT & LMT, presents four easy ways to boost your lymphatic system, detox and feel healthier.

Location: The Colonnade

It Could Happen to You: Don't Leave Your Loved Ones Guessing

Monday, Mar. 19; 9:30 to 11 a.m.

Have you thought about what would happen to your loved ones if you passed unexpectedly? Do you have your affairs in order? Join Benevilla CARES Program Director Shannon Haines, BSHS, and Claudia Rumwell, RN, to learn how to be prepared for the unexpected.

Location: SCW Foundation/Webb Room

💰 Lifestyle Interventions for Age-Related Muscle Loss

Friday, Mar. 23; 1:30 to 3 p.m.

Sarcopenia is the age-related, progressive loss of skeletal muscle that can lead to mobility issues, weak bones, falls and fractures, and a loss of physical function and independence. Join Center for Health & Wellbeing staff to learn how exercise and nutrition can help prevent or treat sarcopenia. **Note: Registration for this class requires 10 class credits (\$10). Class will be videotaped.**

Location: Center for Health & Wellbeing

Applying for Long-Term Aid in Arizona

Monday; Mar. 26; 1:30 to 2:30 p.m.

Attorney Lora Johnson will explain how to not outlive your money when facing the expenses of long-term care in a nursing home or in your own home as well as the "ins and outs" of applying for ALTCS/Medicaid in Arizona. What is the benefit and how does it work?

Location: Faith Presbyterian Church

Who or What is Pushing Your Buttons?

Tuesday; Mar. 27; 10 to 11:30 a.m.

Kaye Bahr, mind-body wellness practitioner, uses guided imagery to reframe your thoughts and beliefs around stress, while promoting understanding of how it affects your life and health.

Location: La Loma Village/MPR

💰 Grateful Aging

Wednesday; Mar. 28; 2 to 3:30 p.m.

A lot of attention focuses on the physical losses associated with aging. Sally Charalambous will address the mental, emotional, and spiritual gains that can be realized. We will examine the pitfalls of negative self-talk, procrastination and ageism, and discuss new, along with tried and true, coping skills for each aspect of holistic health and wellbeing. **Note: Registration for this class requires 5 class credits (\$5).**

Location: Grandview Terrace/Ballroom

HEART HEALTH

Managing Atrial Fibrillation

Friday, Mar. 9; 9:30 to 11 a.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: Banner Boswell/Chapman Conf. Room

Living Well with Congestive Heart Failure

Monday, Mar. 12; 9 to 11 a.m.

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: La Loma Village H&R

Signature Series

KIDNEY HEALTH

Natural Solutions for Kidney, GERD, Stomach & Intestinal Problems

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

Join Timothy Gerhart, DC, as he shares research-based, effective and safe natural approaches that work to improve kidney, digestive and intestinal health.

Location: Banner Boswell/Memorial Hall West

Nutrition & Kidney Health

Join Tracy Garrett, registered dietitian, to learn more about chronic kidney disease and how to obtain individualized nutrition therapy recommendations.

Thursday, Mar. 15; 9:30 to 11 a.m.

Location: PORA

Thursday, Mar. 22; 2 to 3:30 p.m.

Location: The Colonnade

Chronic Kidney Disease

Wednesday, Mar. 21; 1 to 2:30 p.m.

Join Liqun Bai, MD, FASN, as he explains chronic kidney disease, the reasons why it's prevalent in seniors and ways to prevent it and manage it, once diagnosed.

Location: Banner Boswell/Juniper Conf. Room

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Mar. 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

Got Caregiver Stress?

Tuesday, Mar. 20; 1:30 to 3 p.m.

Marty Finley, MEd, Sun Health's Memory Care Navigator, will discuss warning signs of stress, burnout, how to cope and self-care.

Location: Grace Bible Church

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

Mondays – 8 to 9 a.m.; Series CY17:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

Beginning Chair Yoga.

🕐 Mat Yoga

Mondays – 9:30 to 10:30 a.m.; Series MY2:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

Floor-based yoga. 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 TC17:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

Beginning Tai Chi modified for seniors.

🕐 Strength Training for Health

Mondays – 1 to 2 p.m.; Series ST17:

Mar. 5, 12, 19, 26; Apr. 2, 9, 16 & 23

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

SAFETY

🕐 AARP Smart Driver™ Course

Thursday, Mar. 29; 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: Banner Boswell/Chapman Conf. Room



Need a Ride?
Northwest Valley Connect is available

northwestvalleyconnect.org
(623) 282-9300

March Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri

REGISTRATION REQUIRED
CLICK OR CALL TODAY!



Register online

Starting at 6 a.m., February 15

sunhealthcommunityeducation.org



Register by phone

Starting at 8 a.m., February 15

623-207-1703

*except where noted

1

- Life with Meaning & Purpose After 65; 10 to 11:30 a.m.

2

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

Note: Fri. exercise class continues from prior month. Next series begins on April 6, 2018

5

- Chair Yoga (CY17); 8 to 9 a.m.
- Mat Yoga (MY2); 9:30 to 10:30 a.m.
- Limited Resources; 9:30 to 11 a.m.
- Tai Chi (TC17); 11 a.m. to noon
- Strength Training (ST17); 1 to 2 p.m.

6

- Take a Tour of CHW; 11 a.m. to noon

7

- Natural Solutions; 10 to 11:30 a.m.
- Dementia Support Group; 3 to 4 p.m.

Note: Wed. exercise classes continue from prior month. Next series begins on April 4, 2018

8

9

- Atrial Fibrillation; 9:30 to 11 a.m.

12

- CY17, MY2, TC17 & ST17 continue
- Annual Diabetes Self-Management; 9 to 11 a.m.
- Congestive Heart Failure; 9 to 11 a.m.
- Your Lymphatic System; 2 to 3:30 p.m.

13

14

15

- Nutrition & Kidney Health; 9:30 to 11 a.m.

16

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

19

- CY17, MY2, TC17 & ST17 continue
- It Could Happen to You; 9:30 to 11 a.m.
- Diabetes Support Group; 3 to 4 p.m.

20

- Got Caregiver Stress? 1:30 to 3 p.m.

21

- Chronic Kidney Disease; 1 to 2:30 p.m.
- Dementia Support Group; 3 to 4 p.m.

22

- Nutrition & Kidney Health; 2 to 3:30 p.m.

23

- Age Related Muscle Loss; 1:30 to 3 p.m.

26

- CY17, MY2, TC17 & ST17 continue
- Applying for Long Term Aid in AZ; 1:30 to 2:30 p.m.

27

- Who or What is Pushing Your Buttons?; 10 to 11:30 a.m.

28

- Grateful Aging; 2 to 3:30 p.m.

29

- AARP Smart Driver; 8:30 a.m. to 12:30 p.m.

30



14719 W. Grand Avenue
Surprise, AZ 85374
623.832.5350
information@sunhealth.org
www.sunhealth.org

ECRWSS
Local Postal Patron

NONPROFIT ORG
US POSTAGE PAID
Denver, CO
PERMIT NO. 5377



'SIGN UP' to Fight Cancer in the Northwest Valley

Become a sign sponsor for the Swinging In the Sun for Charity Sun Health Golf Tournament. Your \$100 donation will include your name or your company's name on a sign that will be prominently displayed at Briarwood Country Club during the tournament.



PLAY, MAKE NEW FRIENDS AND SUPPORT A GREAT CAUSE

Swinging in the Sun For Charity Golf Tournament

At Briarwood Country Club in Sun City West
Friday, April 6, 2018 • 12:00 PM Shotgun Start

Proceeds from the golf tournament will support the completion of the new comprehensive breast cancer clinic at Banner Del E. Webb Medical Center

FOURSOME: \$1,800 • INDIVIDUAL: \$450 *Special 9-hole tournament option available.*
(a portion of the ticket price is tax deductible)



Learn more at www.sunhealthfoundation.org/golf

Or contact Joyce Wilt at (623) 832-4319 or Joyce.Wilt@sunhealth.org