

Classes & Events

Registration Opens June 14

BONE & JOINT HEALTH

Being Active with Arthritis

Tuesday, Jul. 17; 1:30 to 3 p.m.

Arthritis is a leading cause of pain and disability for nearly 53 million adults. Although people with arthritis tend to be less physically active, moving more is an important strategy for relieving pain and maintaining or improving function. Join Rhonda Zonoozi, exercise physiologist, to discover healthy and safe physical activity recommendations.

Location: Grace Bible Church

BRAIN HEALTH

Fact or Fiction: The Truth about Alzheimer's Disease

Wednesday, Jul. 18; 10 to 11:30 a.m.

Join Heather Mulder & Terry Fogerty of Banner Alzheimer's Institute for this fun, interactive session as they share the truth about Alzheimer's disease, where we are and where we're headed, and leave with easy steps you can take to join us in our fight to end Alzheimer's disease.

Location: SCW Foundation/Webb Room

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Jul. 6 & 20; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight Foods for Sleep (7/6) and Top 'Cancer-Fighting' Spices (7/20).

Location: The Colonnade

DIABETES CARE

Diabetes: A Doctor's Point of View

Friday, Jul. 27; 1:30 to 3 p.m.

Join Ashish Sachdeva, MD, to learn the medical importance of managing diabetes after your diagnosis and how diet, exercise and glucose monitoring can help keep it under control. He'll also share what is new in glucose monitoring devices.

Location: Banner Boswell/Memorial Hall West

HEALTH & WELLBEING

Grateful Aging

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. She will examine the pitfalls of negative self-talk, procrastination and ageism and discuss new coping skills for each aspect of holistic health and wellbeing. **Note: Registration for this class requires 5 class credits (\$5).**

Monday, Jul. 9; 2 to 3:30 p.m.

Location: The Colonnade

Tuesday, Jul. 24; 10 to 11:30 a.m.

Location: La Loma Village/MPR

Living with Meaning & Purpose after 65

Tuesday, Jul. 10; 10 to 11:30 a.m.

Back by popular demand! 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: Center for Health & Wellbeing

How to Manage Back Pain

Wednesday, Jul. 11; 1:30 to 3 p.m.

Most people have low-back pain at some point in their lives, but it usually doesn't cause much trouble. Low back pain typically starts suddenly and lasts a few days or weeks. Neurosurgeon Abhishiek Sharma, MD, will discuss symptoms and conservative treatment approaches for managing your back pain.

Location: Banner Boswell/Memorial Hall West

Acupuncture – What's the Point?

Monday, Jul. 23; 1:30 to 3 p.m.

Are you curious about acupuncture? Join Sun Health's JoDee Chenaur, L.Ac, to learn about acupuncture and its benefits as well as treatable conditions. Watch a live demonstration of acupuncture and cupping.

Location: Faith Presbyterian Church

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Register Online

Beginning at 6 a.m.

sunhealthcommunityeducation.org

Register By Phone

Beginning at 8 a.m.

623-207-1703

except where noted

Classes with this icon () have an associated fee.

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.

Fees are nonrefundable unless the class is canceled.

Prepare to Care

Wednesday, Jul. 25; 2 to 3:30 p.m.

Caring for a family member or close friend is one of the most important roles you will play. Dana Kennedy, Arizona State Director, AARP, tells how to have vital conversations with older family members, organize important documents, assess your loved one's needs and locate important resources.

Location: Grandview Terrace/Ballroom

HEART HEALTH

Overview of Implantable Cardiac Devices

Monday, Jul. 16; 2 to 3:30 p.m.

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

Location: Grandview Terrace H&R

Blood Pressure Check

Wednesday, Jul. 18; 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

MEMORY CARE

Memory Boxes & Books

Thursday, Jul. 12; 10 to 11:30 a.m.

Sharing a memory box or memory book with your loved one who has memory issues can provide great pleasure and value to you both. Join Cheryl Ortega, a Sun Health Memory Care Navigator, as she explains what they are and shares an example of a customized memory book and memory box.

Location: Grandview Terrace H&R

Dementia Caregiver Support Group

Wednesday, Jul. 18; 3 to 4 p.m.

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

Location: Grandview Terrace H&R

SunHealthLiveWell.org

Home Safety for Memory Loss

Thursday, Jul. 26; 2 to 3:30 p.m.

Marty Finley, MEd, Sun Health Memory Care Navigator, invites you to learn tips on making the home safer for your loved one with memory loss, Alzheimer's disease or other dementia diagnosis.

Location: The Colonnade

How Do I Stay a Friend to My Friend Who Has Dementia?

Monday, Jul. 30; 9:30 to 11 a.m.

Maintaining a relationship with a friend who has dementia can be challenging, especially for people who have little experience with dementia. Learn some tips on what to do and say, and how you can still be a friend. Presented by Marty Finley, MEd, Memory Care Navigator for Sun Health.

Location: Shepherd of the Hills UMC/ Fellowship Hall



VOLUNTEERS NEEDED

Share your passion while building a healthier community.

Volunteer opportunities:

Greeter • Class attendant
Office assistant • Fundraising events

Call 623-832-4319



Healthy U

July 2018

NUTRITION

Label Reading

Label reading enables you to make excellent choices to manage and prevent disease. Susan Welter, Sun Health registered dietitian, explains how to use general nutrition targets together with nutrition labels to determine the value of a food product to benefit your health.

Thursday, Jul. 19; 9:30 to 11 a.m.

Location: PORA

Tuesday, Jul. 31; 2 to 3:30 p.m.

Location: Banner Boswell/Juniper Conf. Room

PHYSICAL FITNESS

All classes held at the Center for Health & Wellbeing

Note: Physical fitness classes are offered in an eight-class series. Registration for a series requires 40 class credits (\$40).

Mat Yoga

**Mondays – 9:30 to 10:30 a.m.; Series MY4:
Jul. 2, 9, 16, 23 & 30; Aug. 6, 13 & 20**

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 TC21:
Jul. 2, 9, 16, 23 & 30; Aug. 6, 13 & 20**

Beginning Tai Chi modified for seniors.

Strength Training for Health

**Mondays – 1 to 2 p.m.; Series ST21:
Jul. 2, 9, 16, 23 & 30; Aug. 6, 13 & 20**

Fridays – 11 a.m. to noon; Series ST22:

Jul. 27; Aug. 3, 10, 17, 24 & 31; Sep. 7 & 14

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



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org (623) 282-9300

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

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

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

Shepherd of the Hills UMC

13658 W. Meeker Blvd., Sun City West

Sun City West Foundation/ Webb Room

14465 W. R. H. Johnson Blvd., Sun City West

The Colonnade

19116 N. Colonnade Way, Surprise

Healthy U July Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
<p>2</p> <ul style="list-style-type: none"> • Mat Yoga (MY4); 9:30 to 10:30 a.m. • Tai Chi (TC21); 11 a.m. to noon • Strength Training (ST21); 1 to 2 p.m. 	<p>3</p>	<p>4</p> <p>Independence Day - Our Offices are Closed</p> 	<p>5</p>	<p>6</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m. <p>Note: Fri. exercise class continues from prior month. Next series begins on Jul. 27, 2018</p>
<p>9</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • Grateful Aging; 2 to 3:30 p.m. 	<p>10</p> <ul style="list-style-type: none"> • Living with Meaning & Purpose after 65; 10 to 11:30 a.m. 	<p>11</p> <ul style="list-style-type: none"> • How to Manage Back Pain; 1:30 to 3 p.m. <p>Note: Wed. exercise classes continue from prior month. Next series begins on Aug. 1, 2018</p>	<p>12</p> <ul style="list-style-type: none"> • Memory Boxes & Books; 10 to 11:30 a.m. 	<p>13</p>
<p>16</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • Implantable Cardiac Devices; 2 to 3:30 p.m. 	<p>17</p> <ul style="list-style-type: none"> • Being Active with Arthritis; 1:30 to 3 p.m. 	<p>18</p> <ul style="list-style-type: none"> • The Truth about Alzheimer's; 10 to 11:30 a.m. • Blood Pressure Checks; 2 to 4 p.m. • Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>19</p> <ul style="list-style-type: none"> • Label Reading; 9:30 to 11 a.m. 	<p>20</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m.
<p>23</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • Acupuncture - What's the Point? 1:30 to 3 p.m. 	<p>24</p> <ul style="list-style-type: none"> • Grateful Aging; 10 to 11:30 a.m. 	<p>25</p> <ul style="list-style-type: none"> • Prepare to Care; 2 to 3:30 p.m. 	<p>26</p> <ul style="list-style-type: none"> • Home Safety for Memory Loss; 2 to 3:30 p.m. 	<p>27</p> <ul style="list-style-type: none"> • Strength Training (ST22); 11 a.m. to noon • Diabetes: A Doctor's Point of View; 1:30 to 3 p.m.
<p>30</p> <ul style="list-style-type: none"> • MY4, TC21 & ST21 continue • How Do I Stay a Friend to My Friend Who Has Dementia?; 9:30 to 11 a.m. 	<p>31</p> <ul style="list-style-type: none"> • Label Reading; 2 to 3:30 p.m. 	<p>Register Online Beginning at 6 a.m. on June 14 sunhealthcommunityeducation.org</p> <p>Register by Phone Beginning at 8 a.m. on June 14 623-207-1703</p>		