


## Classes & Events

**REGISTRATION REQUIRED!**  
**SPACE IS LIMITED, SO REGISTER EARLY.**

 **Register online** beginning at 6 a.m.  
Visit [sunhealthcommunityeducation.org](http://sunhealthcommunityeducation.org)

 **Register by phone** beginning March 15  
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 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
- The Colonnade** — 19116 N. Colonnade Way, Surprise

### BRAIN HEALTH

#### Brain Health & Spirituality

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

Join Cameron Svendsen, LCSW, to learn about spiritual techniques through balance, relaxation, prayer and gratitude that enhance brain health and quality of life.

*Location: Grace Bible Church*

### CANCER CARE

#### Healthy Meal Prep for Cancer

**Friday, Apr. 6 & 20; 10 to 11 a.m.**

Chef Debra of Cancer Support Community of Arizona will show how to create Spring Vegetables (4/6) and Breakfast Basics (4/20).

*Location: The Colonnade*

#### Symptom Management Nutrition Therapy for Those with Cancer

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

Tracy Garrett, registered dietitian nutritionist from Sun Health, invites anyone touched by cancer to learn about potential nutrition interventions for common cancer related symptoms such as weight loss, decreased appetite, diarrhea & constipation.

*Location: PORA*

### DIABETES CARE

#### Diabetes Cooking Series

**Thursdays – Apr. 5, 12, 19 & 26; 2:30 to 4 p.m.**

Sun Health's Registered Dietitian and Certified Diabetes Educator Susan Welter will show how to prepare easy healthy meals at home to keep your blood-sugar levels balanced. This four-part series includes a review of healthy eating and nutrition basics, best breakfast foods, fast and fabulous dinners and smart snacking. Food demos and tastings are included. **Note: Registration for this four-class series requires 80 class credits (\$80).**

*Location: Center for Health & Wellbeing*

### Diabetes Connection Group

**Monday, Apr. 16; 3 to 4 p.m.**

This monthly group is for individuals who have diabetes or prediabetes. Topic: Mindful Snacking. **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. Please register by April 10.**

**Starts Tuesday, Apr. 17:**

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

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

Join Sun Health's Diabetes Lifestyle Coach Rhonda Zonoozi to learn how people with prediabetes can prevent or delay diabetes with lifestyle changes.

**Friday, Apr. 27; 9 to 10 a.m.**

*Location: Center for Health & Wellbeing*

**Friday, Apr. 27; 1:30 to 2:30 p.m.**

*Location: Banner Boswell/Chapman Conf. Room*

## HEALTH & WELLBEING

### Take a Tour of the Center for Health & Wellbeing Tuesday, Apr. 3; 11 a.m. to noon

Tour the Sun Health Center for Health & Wellbeing to learn about its services.

*Location: Center for Health & Wellbeing*

### Hypertension after 65

**Thursday, Apr. 5; 10 to 11:30 a.m.**

Karen Connelly Frank, MD, will discuss what hypertension is, the damage it may cause and how to manage it.

*Location: Iora Primary Care*

### Resiliency: The Art of Healthy Aging

**Friday, Apr. 13; 9 a.m. to noon**

See back cover for information

*Location: The Colonnade*

### Make Your Wishes Known: Advance Directives Workshop

**Thursday, Apr. 26; 1:30 to 3:30 p.m.**

Join Paul Fredericks, MAMin, and Sun Health's Linda Esparza, BSN, RN, to review the AZ Advance Directive forms and get assistance to make your end-of-life wishes known.

*Location: Center for Health & Wellbeing*

## HEART HEALTH

### Managing Atrial Fibrillation

**Monday, Apr. 9; 9:30 to 11 a.m.**

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

*Location: Faith Presbyterian Church*

### Taking Care of Your Heart

**Thursday, Apr. 12; 10 to 11 a.m.**

Join Banner Del E. Webb's Heart Failure Educator Marina Mitchell, RN, BSN, to learn how sleep impacts your heart health and how to sleep better for optimal heart function.

*Location: Banner Boswell/Memorial Hall West*

### Living Well with Congestive Heart Failure

**Friday, Apr. 20; 1:30 to 3:30 p.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: Banner Boswell/Memorial Hall West*

## MEMORY CARE

### Dementia Caregiver Support Group Wednesdays, Apr. 4 & 18; 3 to 4 p.m.

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

Location: Grandview Terrace H&R

### Understanding & Managing Difficult Behaviors Monday, Apr. 23; 1 to 2 p.m.

Marty Finley, MEd, a Memory Care Navigator for Sun Health, will discuss the reasons people with dementia may have behavior problems and provide tips for how to minimize them.

Location: Faith Presbyterian Church

## NUTRITION

### Mindful Eating

Sun Health's Registered Dietitian Susan Welter will show how to eat with more intention and enjoyment to build a healthy relationship with food.

**Wednesday, Apr. 4; 10 to 11:30 a.m.**

Location: Banner Boswell/Memorial Hall West

**Tuesday, Apr. 10; 2 to 3:30 p.m.**

Location: Center for Health & Wellbeing

## 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 CY18: Apr. 4, 11, 18 & 25; May 2, 9, 16 & 23**

**Mondays – 8 to 9 a.m.; Series CY19: Apr. 30; May 7, 14 & 21; Jun. 4, 11, 18 & 25**

Beginning Chair yoga.

### Chair Yoga Plus

**Wednesdays – 9:30 to 10:30 a.m.; Series CYP2: Apr. 4, 11, 18 & 25; May 2, 9, 16 & 23**

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

### Tai Chi

**Wednesdays – 11 a.m. to noon; Series TC18: Apr. 4, 11, 18 & 25; May 2, 9, 16 & 23**

**Mondays – 11 a.m. to noon; Series TC19: Apr. 30; May 7, 14 & 21; Jun. 4, 11, 18 & 25**

Beginning Tai Chi modified for seniors.

### Strength Training for Health

**Fridays – 11 a.m. to noon; Series ST18: Apr. 6, 13, 20 & 27; May 4, 11, 18 & 25**

**Mondays – 1 to 2 p.m.; Series ST19: Apr. 30; May 7, 14, 21; Jun. 4, 11, 18 & 25**

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

### Mat Yoga

**Mondays – 9:30 to 10:30 a.m.; Series MY3: Apr. 30; May 7, 14 & 21; Jun. 4, 11, 18 & 25**

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.

## SAFETY

### AARP Smart Driver™ Course

**Tuesday, Apr. 17; 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: La Loma Village H&R

### AARP: We Need to Talk

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

Join AARP Facilitator Ellen Winkler to learn how to have sensitive and successful conversations with loved ones about driving safety, especially when it is time to limit or stop driving.

Location: La Loma Village - MPR Room





**Need a Ride?**

Northwest Valley Connect is available

[northwestvalleyconnect.org](http://northwestvalleyconnect.org) • (623) 282-9300

# April Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Take a Tour CHW; 11 a.m. to noon</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga (<b>CY18</b>); 8 to 9 a.m.</li> <li>• Chair Yoga Plus (<b>CYP2</b>); 9:30 to 10:30 a.m.</li> <li>• Mindful Eating; 10 to 11:30 a.m.</li> <li>• Tai Chi (<b>TC18</b>); 11 a.m. to noon</li> <li>• Dementia Support Group; 3 to 4 p.m.</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Hypertension after 65; 10 to 11:30 a.m.</li> <li>• Diabetes Cooking (<b>1 of 4</b>); 2:30 to 4 p.m.</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Healthy Meal Prep; 10 to 11 a.m.</li> <li>• Strength Training (<b>ST18</b>); 11 a.m. to noon</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Atrial Fibrillation; 9:30 to 11 a.m.</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Mindful Eating; 2 to 3:30 p.m.</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• <b>CY18, CYP2, TC18</b> continue</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Taking Care of Your Heart; 10 to 11 a.m.</li> <li>• Diabetes Cooking (<b>2 of 4</b>); 2:30 to 4 p.m.</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Resilience: The Art of Healthy Aging; 9 a.m. to noon</li> <li>• <b>ST18</b> Continues</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Diabetes Connection Group; 3 to 4 p.m.</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• AARP Smart Driver; 8:30 a.m. to 12:30 p.m.</li> <li>• Diabetes Self-Management (<b>1 of 5</b>); 9:30 to 11:30 a.m.</li> <li>• Brain Health &amp; Spirituality; 1:30 to 3 p.m.</li> <li>• Diabetes Self-Management (<b>1 of 5</b>); 2 to 4 p.m.</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• <b>CY18, CYP2, TC18</b> continue</li> <li>• Dementia Support Group; 3 to 4 p.m.</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Nutrition Therapy for Cancer; 9:30 to 11 a.m.</li> <li>• Diabetes Cooking (<b>3 of 4</b>); 2:30 to 4 p.m.</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Healthy Meal Prep; 10 to 11 a.m.</li> <li>• <b>ST18</b> Continues</li> <li>• Congestive Heart Failure; 1:30 to 3:30 p.m.</li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Understanding &amp; Managing Difficult Behaviors; 1 to 2 p.m.</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Diabetes Self-Management (<b>2 of 5</b>); 9:30 to 11:30 a.m.</li> <li>• AARP We Need to Talk; 10 to 11:30 a.m.</li> <li>• Diabetes Self-Management (<b>2 of 5</b>); 2 to 4 p.m.</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• <b>CY18, CYP2, TC18</b> continue</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Advance Directives; 1:30 to 3:30 p.m.</li> <li>• Diabetes Cooking (<b>4 of 4</b>); 2:30 to 4 p.m.</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Prediabetes: Knowing if You Are at Risk; 9 to 10 a.m.</li> <li>• <b>ST18</b> Continues</li> <li>• Prediabetes: Knowing if You Are at Risk; 1:30 to 3:30 p.m.</li> </ul>
<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga (<b>CY19</b>); 8 to 9 a.m.</li> <li>• Mat Yoga (<b>MY3</b>); 9:30 to 10:30 a.m.</li> <li>• Tai Chi (<b>TC19</b>); 11 a.m. to noon</li> <li>• Strength Training (<b>ST19</b>); 1 to 2 p.m.</li> </ul>	<p style="text-align: center;"><b>REGISTRATION REQUIRED FOR MOST CLASSES CLICK OR CALL TODAY!</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Register online</b> Starting at 6 a.m., Mar. 15 <a href="http://sunhealthcommunityeducation.org">sunhealthcommunityeducation.org</a></p> </div> <div style="text-align: center;">  <p><b>Register by phone</b> Starting at 8 a.m., Mar. 15 <b>623-207-1703</b> <i>*except where noted</i></p> </div> </div>			