


## 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 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

**Banner Del E. Webb/Auditorium** — 14502 W. Meeker Blvd., Sun City West, use the Louisa Kellam Center for Women's Health entrance

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

**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 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

**Sun City West Foundation/Webb Room** — 14465 W. R. H. Johnson Blvd., Sun City West

**The Colonnade** — 19116 N. Colonnade Way, Surprise

### BONE & JOINT HEALTH

#### Lifestyle Strategies to Prevent & Treat Osteoporosis

Join Sun Health's Registered Dietitian Tracy Garrett and Exercise Physiologist Rhonda Zonoozi to learn how nutrition and exercise affect bone health and steps you can take to prevent osteoporosis or slow its progress.

**Friday, May 11; 2 to 3:30 p.m.**

*Location: La Loma Village H&R*

**Monday, May 14; 2 to 3:30 p.m.**

*Location: The Colonnade*

#### Prevention & Management of Osteoporosis

**Tuesday, May 22; 2 to 3:30 p.m.**

Approximately half of all seniors suffer from low bone density in the form of osteoporosis or its precursor, osteopenia. Dr. Walter Nieri, geriatrician, will discuss appropriate screening and evaluation, available treatment options and overall management of osteoporosis.

*Location: Banner Boswell Medical Center/Juniper Conf. Room*

### BRAIN HEALTH

#### Gender Bias and the Brain

**Tuesday, May 15; 1:30 to 3 p.m.**

We know men and women are different...there's no denying this. But when it comes to the brain, are the playing fields equal? Michelle Toft, LMSW, EDM, will explain the differences between men and women's cognition and what women can do to maintain a healthy brain.

*Location: Grace Bible Church*

### CANCER CARE

#### Healthy Meal Prep for Cancer

**Fridays, May 4 & 18; 10 to 11 a.m.**

Chef Debra of Cancer Support Community of Arizona will show how to create dishes with cabbage & sauerkraut (5/4) and leafy greens (5/18).

*Location: The Colonnade*

### Colon Cancer Prevention & GERD

**Wednesday, May 9; 1:30 to 3 p.m.**

Jyotsna Ravi, MD, will explain available screening procedures for colon cancer and how lifestyle interventions may prevent or delay the disease. Participants also will learn about the signs and symptoms of gastroesophageal reflux disease, GERD, and ways to avoid it.

*Location: Banner Boswell/Memorial Hall West*

### HEALTH & WELLBEING

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

**Tuesday, May 1; 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*

#### Self-Esteem: Give Yourself a Boost

**Monday, May 21; 2 to 3:30 p.m.**

Join Barbara Mason, CADC, to learn the importance of maintaining dignity and increasing self-esteem as you age to develop an attitude of positivity, usefulness and involvement to better respond to change.

*Location: Grandview Terrace H&R*

#### Essential Oils for Beginners

**Thursday, May 24; 2 to 3:30 p.m.**

Cynthia Campbell, wellness advocate, explains what essential oils are, their origin and history of use and how to use them safely in today's world.

*Location: The Colonnade*

### HEART HEALTH

#### Managing Atrial Fibrillation

**Friday, May 18; 9:30 to 11 a.m.**

Cardiac Educator Becky Kraemer, RN, explains how to manage and live healthy with Afib.

*Location: Banner Boswell/Chapman Conf. Room*

#### Taking Care of Your Heart

**Thursday, May 17; 10 to 11 a.m.**

Join Mark Burns, MD, to learn about complex ablations and how this treatment can lead to improved heart health.

*Location: Banner Boswell/Memorial Hall West*

#### Living Well with Congestive Heart Failure

**Monday, May 21; 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: SCW Foundation/Webb Room*

### DIABETES CARE

#### Diabetes Prevention 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 the conclusion of the series. **Call 623-832-WELL (9355) to register and inquire about insurance coverage.**

**Starts Thursday, May 10:**

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

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

#### Diabetes Connection Group

**Monday, May 21; 3 to 4 p.m.**

This monthly group is for individuals who have diabetes or prediabetes. May's topic is "Changing your mindset about physical activity." **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 May 22.**

**Starts Tuesday, May 29:**

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

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

**Starts Wednesday, May 30:**

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

**MEMORY CARE****Dementia Caregiver Support Group**  
**Wednesdays, May 2 & 16; 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*

**Tips for Dealing with Caregiver Stress**  
**Thursday, May 3; 10 to 11:30 a.m.**

When you are the primary caregiver for someone with dementia, the stress can build up to an unhealthy level. Marty Finley, a Memory Care Navigator for Sun Health, will share tips to help you cope.

*Location: Iora Primary Care*

**NUTRITION****"Weigh" to Go! – An Introduction to Weight Loss**  
**Friday, May 4; 9 to 10 a.m.**

Join Sun Health's Registered Dietitian Tracy Garrett to learn the benefits and strategies of successful weight loss. Attendees will also learn how to enroll in our upcoming "Weigh" to Go!, a 12-week weight loss program.

*Location: Center for Health & Wellbeing*

**"Weigh" to Go! – Weight Loss Series**  
**Starts Friday, May 11; 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 Tracy Garrett, registered dietitian, 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 the Center for Health & Wellbeing

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

**Fit & Balanced**

**Wednesdays – 1:30 to 2:30 p.m.; Series FAB4:**  
**May 9, 16, 23 & 30; Jun. 6, 13, 20 & 27**

Beginner level, low-intensity class using A Matter of Balance program exercises, with a chair for support. **Participants must be able to stand independently.**

**Chair Yoga**

**Wednesdays – 8 to 9 a.m.; Series CY20:**  
**May 30; Jun. 6, 13, 20 & 27; Jul. 11, 18 & 25**  
Beginning Chair yoga.

**Chair Yoga Plus**

**Wednesdays – 9:30 to 10:30 a.m.; Series CYP3:**  
**May 30; Jun. 6, 13, 20 & 27; Jul. 11, 18 & 25**  
Chair Yoga using both seated and standing postures. **Participants must be able to stand independently.**

**SAFETY****Balance & Strength Training**

**Wednesdays – 3:30 to 4:30 p.m.;**  
**May 9, 16, 23 & 30; Jun. 6, 13, 20 & 27**  
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*

**WOMEN'S HEALTH****Women's Breast Health Education & Awareness**  
**Tuesday, May 15; 9 to 10:30 a.m.**

When we talk about breast health, most women think of breast cancer as their No. 1 concern. Join Kelly Rosso, MD, to learn why breast cancer is not the only reason to be concerned about the health of your breasts.  
*Location: Banner Del E. Webb/Auditorium*

**Take Control of Your Pelvic Health**  
**Wednesday, May 30; 2 to 3:30 p.m.**



Female pelvic medicine addresses common conditions among women with pelvic floor problems, such as urinary and fecal incontinence, pelvic organ prolapse, pelvic pain and overactive bladder. Join Ali Azadi, MD, to learn how early detection and treatment of pelvic floor disorders can improve one's prognosis.  
*Location: Grandview Terrace Ballroom*

**Need a Ride?**

Northwest Valley Connect is available

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

# May Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
 <p><b>Register online</b> Starting at 6 a.m., April 12 <a href="http://sunhealthcommunityeducation.org">sunhealthcommunityeducation.org</a></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>Take a Tour CHW; 11 a.m. to noon</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Dementia Support Group; 3 to 4 p.m.</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Tips for Dealing with Caregiver Stress; 10 to 11:30 a.m.</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>"Weigh" to Go! Introduction; 9 to 10 a.m.</li> <li>Healthy Meal Prep; 10 to 11 a.m.</li> </ul> <p><b>Note:</b> Friday Exercise Class continues from prior month. Next series begins on June 1, 2018</p>
<p><b>7</b></p> <p><b>Note:</b> Monday Exercise classes continue from prior month. Next series begins on July 2, 2018</p>	<p><b>8</b></p>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Fit &amp; Balanced (FAB4); 1:30 to 2:30 p.m.</li> <li>Colon Cancer &amp; GERD; 1:30 to 3 p.m.</li> <li>Balance &amp; Strength (1 of 8); 3:30 to 4:30 p.m.</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Diabetes Prevention Program (1 of 16); 9 to 10 a.m.</li> <li>Diabetes Prevention Program (1 of 16); 1:30 to 2:30 p.m.</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>"Weigh" to Go! (1 of 12); 8:30 to 10 a.m.</li> <li>Prevent &amp; Treat Osteoporosis; 2 to 3:30 p.m.</li> </ul>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>Prevent &amp; Treat Osteoporosis; 2 to 3:30 p.m.</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Women's Breast Health; 9 to 10:30 a.m.</li> <li>Gender Bias and the Brain; 1:30 to 3 p.m.</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>FAB4 continues</li> <li>Dementia Support Group; 3 to 4 p.m.</li> <li>Balance &amp; Strength (2 of 8); 3:30 to 4:30 p.m.</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Diabetes Prevention Program (2 of 16); 9 to 10 a.m.</li> <li>Taking Care of Your Heart; 10 to 11 a.m.</li> <li>Diabetes Prevention Program (2 of 16); 1:30 to 2:30 p.m.</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>"Weigh" to Go! (2 of 12); 8:30 to 10 a.m.</li> <li>Atrial Fibrillation; 9:30 to 11 a.m.</li> <li>Healthy Meal Prep; 10 to 11 a.m.</li> </ul>
<p><b>21</b></p> <ul style="list-style-type: none"> <li>Congestive Heart Failure; 9 to 11 a.m.</li> <li>Self-Esteem; 2 to 3:30 p.m.</li> <li>Diabetes Connection; 3 to 4 p.m.</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Prevention &amp; Management of Osteoporosis; 2 to 3:30 p.m.</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>FAB4 continues</li> <li>Balance &amp; Strength (3 of 8); 3:30 to 4:30 p.m.</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Diabetes Prevention Program (3 of 16); 9 to 10 a.m.</li> <li>Diabetes Prevention Program (3 of 16); 1:30 to 2:30 p.m.</li> <li>Essential Oils; 2 to 3:30 p.m.</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>"Weigh" to Go! (3 of 12); 8:30 to 10 a.m.</li> </ul>
<p><b>28</b></p> <p><b>Memorial Day</b> <b>Our Offices are Closed</b></p> 	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Diabetes Self-Management (1 of 5); 9:30 to 11:30 a.m.</li> <li>Diabetes Self-Management (1 of 5); 2 to 4 p.m.</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Chair Yoga (CY20); 8 to 9 a.m.</li> <li>Chair Yoga Plus (CYP3); 9:30 to 10:30 a.m.</li> <li>FAB4 continues</li> <li>Pelvic Health; 2 to 3:30 p.m.</li> <li>Diabetes Self-Management; 2:30 to 4:30 p.m. (1 of 5)</li> <li>Balance &amp; Strength (4 of 8); 3:30 to 4:30 p.m.</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>Diabetes Prevention Program (4 of 16); 9 to 10 a.m.</li> <li>Diabetes Prevention Program (4 of 16); 1:30 to 2:30 p.m.</li> </ul>	 <p><b>Register by phone</b> Starting at 8 a.m., April 12 623-207-1703 <i>*except where noted</i></p>