

## Classes & Events

Registration Opens August 16

### BONE & JOINT HEALTH

#### General Back Pain Symptoms & Treatments

**Wednesday, Sep. 12; 1:30 to 3 p.m.**

Dr. Joshua Abrams from the Desert Institute for Spine Care will discuss general back pain and answer questions related to symptoms and treatments.

*Location: Banner Boswell/Memorial Hall West*

### CANCER CARE

#### Healthy Meal Prep for Cancer

**Friday, Sep. 7; 10 to 11 a.m.**

Chef Debra of Cancer Support Community of Arizona will highlight cold soups.

*Location: The Colonnade*

### HEALTH & WELLBEING

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

**Tuesday, Sep. 4; 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*

#### Navigating Your Senior Living Options

**Thursday, Sep. 6; 10 to 11:30 a.m.**

Ashleigh Wentz, Senior Living Adviser, will take you through various options of senior housing: oversight, levels of care and amenities.

*Location: Iora Primary Care*

#### Leading Your Most Balanced Life

**Monday, Sep. 10; 2 to 3:30 p.m.**

Join Physical Therapy Assistant Maren Harrison to learn about balance systems and strategies, the proper use of walking aids and fall recovery.

*Location: The Colonnade*

#### Achieving a Healthy Mindset: Resiliency and Beyond

**Monday, Sep. 24; 1:30 to 3 p.m.**

Michael Cofield, PhD, ABPP, addresses key factors to amplify health, happiness and higher performance in life.

*Location: Faith Presbyterian Church*

**12 LiveWell** • The Sun Health Way

#### Apheresis and Your Options

**Tuesday, Sep. 25; 9:30 to 10:30 a.m.**

Apheresis is the removal of a component of blood that is then replaced. Join Teri Johnson-Kelly and Kevin Cruz of Banner Health to learn about your treatment options.

*Location: Banner Del Webb/Auditorium A&B*

#### Rx Matters

**Wednesday, Sep. 26; 2 to 3:30 p.m.**

Join Prevention Specialist Jeanet Munoz from Area Agency on Aging to learn about drug misuse and abuse in older adults, the importance of not sharing medications, talking with your doctor or pharmacist and safe handling of medications.

*Location: Grandview Terrace Ballroom*

#### Get Ready! Get Moving! Go4Life!

**Go4Life**, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. This year's **Go4Life Month** theme is **Get Ready! Get Moving! Keep Going!** Prepare to be more active, get moving with four types of exercise, stay on track, and make regular exercise a habit.

**Tuesday, Sep. 18; 9 to 10:30 a.m.**

*Location: Banner Boswell/Juniper Conf. Room*

**Friday, Sep. 28; 8:30 to 10 a.m.**

*Location: Center for Health & Wellbeing*

### DIABETES CARE

#### Prediabetes: Knowing If You Are at Risk and What to Do About It

One out of three American adults has prediabetes, and most do not know it. Join Sun Health's Rhonda Zonozzi to learn how people with prediabetes can prevent or delay diabetes with lifestyle changes.

**Thursday, Sep. 6:**

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

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

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

### Register Online

Beginning at 6 a.m. August 16  
[sunhealthcommunityeducation.org](http://sunhealthcommunityeducation.org)

### Register By Phone

Beginning at 8 a.m. August 16  
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.

### Diabetes and Dementia: The Nutritional Link

Sun Health's Certified Diabetes Educators Susan Welter and Tracy Garrett share the link between diabetes and dementia and the lifestyle steps you can take to reduce your risk.

**Friday, Sep. 14; 2 to 3:30 p.m.;** Center for Health & Wellbeing  
**Wednesday, Sep. 19; 2 to 3:30 p.m.;** La Loma Village MPR

### National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program (NDPP) is led by a registered dietitian and an exercise physiologist. This year long lifestyle change program uses the CDC research-based curriculum to help you make the necessary nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes. **Call 623-832-WELL (9355) to register.**

**Thursdays, starting Sep. 13:**

**11 a.m. to noon.;** Center for Health & Wellbeing  
**3 to 4 p.m.;** Banner Boswell/Chapman Conf. Room

## HEART HEALTH

### Blood Pressure Checks

**Wednesday, Sep. 19; 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*

### Managing Atrial Fibrillation

**Monday, Sep. 24; 10 to 11:30 a.m.**

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

*Location: Grandview Terrace H&R*



## Need a Ride?

Northwest Valley Connect is available  
[northwestvalleyconnect.org](http://northwestvalleyconnect.org) (623) 282-9300

## MEMORY CARE

### Dementia Caregiver Support Group

Marty Finley and Cheryl Ortega, Memory Care Navigators for Sun Health, lead these support groups. **Registration is not required.**

**Wednesdays, Sep. 5 & 19; 3 to 4 p.m.**

*Location: Grandview Terrace H&R*

**Thursdays, Sep. 13 & 27; 10 to 11 a.m.**

*Location: Iora Primary Care*

### Activities: Filling the Day with Meaning and Purpose **Wednesday, Sep. 19; 10 to 11:30 a.m.**

Dr. Angela Allen with Banner Alzheimer's Institute will discuss how to adapt and vary activities to stimulate and engage a person with dementia to have fun and find success.

*Location: The Colonnade*

### Introduction to Meditation for Stressed Caregivers **Thursday, Sep. 20; 9:30 to 11 a.m.**

Join Marty Finley, Sun Health Memory Care Navigator, to learn how to manage stress and focus your thinking using easy to follow meditation methods.

*Location: PORA*



# Healthy U

September 2018

## Normal Aging vs Dementia

**Thursday, Sep. 27; 2 to 3:30 p.m.**

Join Cheryl Ortega, a Sun Health Memory Care Navigator, to consider when memory issues may be more than those associated with the normal aging process.

*Location: The Colonnade*

## 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 CY24:**

**Sep. 26; Oct. 3, 10, 17, 24 & 31; Nov. 7 & 14**

Beginning Chair yoga.

### 🌟 Chair Yoga Plus

**Wednesdays – 9:30 to 10:30 a.m.; Series CYP5:**

**Sep. 26; Oct. 3, 10, 17, 24 & 31; Nov. 7 & 14**

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

### 🌟 Tai Chi

**Wednesdays – 11 a.m. to noon; Series TC24:**

**Sep. 26; Oct. 3, 10, 17, 24 & 31; Nov. 7 & 14**

Beginning Tai Chi modified for seniors.

### 🌟 Strength Training for Health

**Fridays – 11 a.m. to noon; Series ST24:**

**Sep. 28; Oct. 5, 12, 19 & 26; Nov. 2 & 9**

Low-intensity class to strengthen the upper- and lower-body muscle groups. **Note:** This class is offered in a seven-class series. Registration requires 35 class credits or \$35.

## SAFETY

### Don't Fall for It!

**Monday, Sep. 17; 2 to 3:30 p.m.**

Join Exercise Physiologist Rhonda Zonoozi to learn how to reduce the risk of falling in your home and surroundings and how to increase your balance and mobility, wellbeing and physical safety.

*Location: Grandview Terrace H&R*

### Consumer Scams/Identity Theft

**Tuesday, Sep. 18; 1:30 to 3 p.m.**

Betty Delano with the Office of the Attorney General will discuss different types of scams red flags that can help detect these scams, and how citizens can protect themselves from becoming a victim.

*Location: Grace Bible Church*

### Stand Up to Falling Down

**Friday, Sep. 21; 8:30 a.m. to 12:30 p.m.**

See article on page 11 for details.

*Location: The Colonnade*

## Location Key:

**Banner Boswell/Chapman Conf. Room**  
Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

**Banner Boswell/Juniper Conf. Room**  
Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

**Banner Boswell/Memorial Hall West**  
Services, 1st Floor, 13180 N. 103rd Dr., Sun City

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

**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. Ste 101, Sun City West

**La Loma Village MPR**  
La Loma Village Multipurpose 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 Way

# Healthy U September Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
<p><b>3</b></p> <p><b>Labor Day</b> Our Offices Are Closed</p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Take a Tour CHW; 11 a.m. to noon</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>Dementia Caregiver Support Group; 3 to 4 p.m.</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Prediabetes: Knowing If You Are at Risk; 9 to 10 a.m.</li> <li>Navigating Your Senior Living Options; 10 to 11:30 a.m.</li> <li>Prediabetes: Knowing If You Are at Risk; 1:30 to 2:30 p.m.</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Healthy Meal Prep; 10 to 11 a.m.</li> </ul>
<p><b>10</b></p> <ul style="list-style-type: none"> <li>Leading Your Most Balanced Life; 2 to 3:30 p.m.</li> </ul> <p><b>Note:</b> Mon. exercise class continues from prior month. Next series begins on Oct. 29, 2018</p>	<p><b>11</b></p>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>General Back Pain Symptoms &amp; Treatment; 1:30 to 3 p.m.</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Dementia Caregiver Support Group; 10 to 11 a.m.</li> <li>Prediabetes Prevention Program (<b>1 of 16</b>); 11 a.m. to noon</li> <li>Prediabetes Prevention Program (<b>1 of 16</b>); 3 to 4 p.m.</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Diabetes and Dementia; 2 to 3:30 p.m.</li> </ul>
<p><b>17</b></p> <ul style="list-style-type: none"> <li>Don't Fall for It!; 2 to 3:30 p.m.</li> <li>Diabetes Support Group; 3 to 4 p.m.</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>Get Ready! Get Moving! Go4Life!; 9 to 10:30 a.m.</li> <li>Consumer Scams/Identity Theft; 1:30 to 3 p.m.</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>Activities: Filling the Day; 10 to 11:30 a.m.</li> <li>Blood Pressure Checks; 2 to 4 p.m.</li> <li>Diabetes and Dementia; 2 to 3:30 p.m.</li> <li>Dementia Caregiver Support Group; 3 to 4 p.m.</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>Intro to Meditation for Stressed Caregivers; 9:30 to 11 a.m.</li> <li>Prediabetes Prevention Program (<b>2 of 16</b>); 11 a.m. to noon</li> <li>Prediabetes Prevention Program (<b>2 of 16</b>); 3 to 4 p.m.</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Stand Up to Falling Down; 8:30 to 12:30 p.m.</li> </ul>
<p><b>24</b></p> <ul style="list-style-type: none"> <li>Managing Afib; 10 to 11:30 a.m.</li> <li>Achieving a Healthy Mindset; 1:30 to 3 p.m.</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>Apheresis and Your Options; 9:30 to 10:30 a.m.</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>Chair Yoga (CY24); 8 to 9 a.m.</li> <li>Chair Yoga Plus (CYP5); 9:30 to 10:30 a.m.</li> <li>Tai Chi (TC24); 11 a.m. to noon</li> <li>Rx Matters; 2 to 3:30 p.m.</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>Dementia Caregiver Support Group; 10 to 11 a.m.</li> <li>Prediabetes Prevention Program (<b>3 of 16</b>); 11 a.m. to noon</li> <li>Normal Aging vs Dementia; 2 to 3:30 p.m.</li> <li>Prediabetes Prevention Program (<b>3 of 16</b>); 3 to 4 p.m.</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Get Ready! Get Moving; Go4Life; 8:30 to 10 a.m.</li> <li>Strength Training (<b>ST24</b>); 11 a.m. to noon</li> </ul>

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