

## Classes & Events

Registration Opens September 13

### CANCER CARE

#### Healthy Meal Prep for Cancer

**Fridays, Oct. 5 & 19; 10 to 11 a.m.**

Chef Debra of Cancer Support Community of Arizona will highlight Calcium-Rich and Dairy-Free (10/5) and Vegetarian Potluck Ideas (10/19).

*Location: The Colonnade*

### DIABETES CARE

#### Diabetes Cooking Series

**Thursdays, Oct. 4, 11, 18 & 25; 2:30 to 4 p.m.**

In this four-part series, Sun Health's Registered Dietitian & Certified Diabetes Educator Susan Welter will show how to prepare easy healthy meals at home to keep your blood-sugar levels balanced. Food demos and tastings are included. **Note: Registration for this four-class series requires 80 class credits (\$80).**

*Location: Center for Health & Wellbeing*

#### Annual Diabetes Self-Management Education

**Monday, Oct. 8; 1:30 to 3:30 p.m.**

This class is for those who have previously completed a Diabetes Self-Management Training 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) to register. Fee covered by most insurance plans.**

*Location: The Colonnade*

#### Diabetes Connection Support Group

**Monday, Oct. 15; 3 to 4 p.m.**

This monthly group is for individuals who have diabetes or prediabetes. We'll increase your knowledge about diabetes with "Diabetes Bingo." **Registration is not required.**

*Location: Center for Health & Wellbeing*

#### Diabetes Self-Management Training

This 10-hour accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by Tracy Garrett and Susan Welter, registered dietitians and certified diabetes educators, and Rhonda Zonoozi, exercise physiologist and certified health coach. **Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

**Tuesdays, Oct. 16, 23 & 30; Nov. 6 & 13**

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

**Wednesdays, Oct. 17, 24 & 31; Nov. 7 & 14**

**9 to 11 a.m.; Banner Thunderbird/Conf. Room 3**

### HEALTH & WELLBEING

#### Exercising Your Pelvic Floor

**Monday, Oct. 8; 2 to 3:30 p.m.**

Yoga instructor Donna Schnoor will discuss Pelvic Floor Dysfunction and explore techniques and exercises to identify and strengthen these muscles. **Participants must be able to get up and down from floor. Please bring a yoga mat. Note: Registration for this class requires 10 class credits (\$10).**

*Location: The Colonnade*

#### Symphony of the Cells™ – Essential Oils

Join Cynthia Campbell, certified essential oils coach, to learn about essential oils and how they help balance the physiology, biology and emotional aspects of the human body. **Note: Registration for this class requires 10 class credits (\$10).**

**Friday, Oct. 12; 1:30 to 3 p.m.**

*Location: Center for Health & Wellbeing*

**Friday, Oct. 26; 8:30 to 10 a.m.**

*Location: Center for Health & Wellbeing*

#### Overcoming Elder Exploitation Symposium

**Tuesday, Oct. 16; 8 a.m. to 12:30 p.m.**

Senior exploitation can take many forms including physical and financial abuse. Please join us to learn of important local resources to assist, how to recognize signs of exploitation in others and how to protect yourself.

*Location: SCW Foundation/Webb Room*

**Registration Required**  
SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning at 6 a.m. September 13  
[sunhealthcommunityeducation.org](http://sunhealthcommunityeducation.org)

 Register By Phone

Beginning at 8 a.m. September 13  
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.

**Sun Health Foundation: The Score According to Ore**  
**Tuesday, Oct. 16; 1:30 to 3 p.m.**

Gina W. Ore, Chief Philanthropy Officer of Sun Health Foundation, will discuss healthy living, research and superior health-care projects that have been funded by community support.

Location: Grace Bible Church

**Mindfulness: Practical Solutions for Dealing with Life's Problems**

**Thursday, Oct. 18; 9:30 to 11 a.m.**

Join Susan High, LPC, licensed counselor and certified in yoga/mindfulness in an interactive session on mindfulness, reducing your stress and increasing your sense of wellbeing.

Location: PORA

**Senior Care Preparation – Getting Your Ducks in a Row**  
**Monday, Oct. 22; 1:30 to 3 p.m.**

Join Claudia Rumwell, RN, and learn to prepare, organize, and set up a plan for successful aging and/or caregiving.

Location: Faith Presbyterian Church

**Is It Hearing Loss or Memory Loss?**

**Wednesday, Oct. 24; 1:30 to 3 p.m.**

Daniel Hewson, MSc of Ascent Audiology, will address how the ear works, the effects of hearing loss and its correlation to memory loss.

Location: Faith Presbyterian Church

**LUNG HEALTH**

**Staying Active with COPD**

**Tuesday, Oct. 23; 10 to 11:30 a.m.**

Individuals with chronic obstructive pulmonary disease (COPD) can benefit by staying active. Exercise Physiologist Rhonda Zonoozi shares how to safely maximize the benefits from physical activity.

Location: La Loma Village/MPR

**Valley Fever: Symptoms, Diagnosing & Treatment**

**Wednesday, Oct. 31; 9 to 10:30 a.m.**

Join pulmonologist Dr. Craig Rundbaken to learn about Valley Fever signs, symptoms, diagnosis and treatment.

Location: Banner Del E. Webb/Auditorium

[SunHealthLiveWell.org](http://SunHealthLiveWell.org)

**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, Oct. 3 & 17; 3 to 4 p.m.**

Location: Grandview Terrace H&R

**Thursdays, Oct. 11 & 25; 10 to 11 a.m.**

Location: Iora Primary Care

**Engaging Your Loved One with Memory Loss in Brain Stimulating Activities**

**Tuesday, Oct. 30; 9:30 to 11 a.m.**

Cheryl Ortega, Sun Health Memory Care Navigator, shares ideas and strategies to encourage your loved one's interest to participate in activities.

Location: Banner Sun Health Research Institute/Bldg. A Conf. Room

**NUTRITION**

**Mediterranean Lifestyle**

**Wednesday, Oct. 10; 1:30 to 3 p.m.**

Join Sun Health's Registered Dietitian Susan Welter as she discusses the Mediterranean style of eating, its benefits and how to make simple shifts in your food choices.

Location: Banner Sun Health Research Institute/Bldg. A Conf. Room



# Healthy U

October 2018

## 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 FAB6:**  
**Oct. 17, 24 & 31; Nov. 7, 14 & 28; Dec. 5 & 12**

Low-intensity class focusing on the strength, flexibility, and balance exercises using a chair as support. Participants must be able to stand independently.

### Chair Yoga

**Mondays, 8 to 9 a.m.; Series CY25:**  
**Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17**

Beginning chair yoga.

### Mat Yoga

**Mondays, 9:30 to 10:30 a.m.; Series MY6:**  
**Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17**

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 TC25:**  
**Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17**

Beginning Tai Chi modified for seniors.

### Strength Training for Health

**Mondays, 1 to 2 p.m.; Series ST25:**

**Oct. 29; Nov. 5, 12, 19 & 26; Dec. 3, 10 & 17**

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

## SAFETY

### Matter of Balance

**Fridays, 9:30 to 11:30 a.m. Oct. 5, 12, 19 & 26;**  
**Nov. 2, 9, 16 & 30**

Have you restricted activities because of the fear of falling? This eight-class, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

**Note:** This eight-class series requires 25 class credits (\$25).

**Location:** Sun Valley Lodge

### Balance & Strength Training

**Wednesdays, 3:30 to 4:30 p.m.; Oct. 17, 24 & 31;**  
**Nov. 7, 14 & 28; Dec. 5 & 12**

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

## SPIRITUALITY

### World Religions Panel Discussion

**Friday, Oct. 26; 10 a.m.**

Leaders of various faiths will share their views on creation, salvation, the after-life and more.

**Location:** The Colonnade

## Location Key:

**Banner Boswell/Juniper Conf. Room**  
Services, 2nd 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

**Banner Sun Health Research Institute/ Bldg. A Conf. Room**  
10515 W. Santa Fe Dr., Sun City, AZ

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

**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. 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

**SCW Foundation/Webb Room**  
14465 RH Johnson Blvd., Sun City West

**Sun Valley Lodge**  
12415 N. 103rd Ave., Sun City, AZ

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

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

MON	TUE	WED	THU	FRI
1	2 <ul style="list-style-type: none"> <li>Take a Tour CHW; 11 a.m. to noon</li> </ul>	3 <ul style="list-style-type: none"> <li>Dementia Caregiver Support Group; 3 to 4 p.m.</li> </ul> <p><b>Note:</b> Wed. exercise classes continue from prior month. Next series begins on Nov. 21, 2018</p>	4 <ul style="list-style-type: none"> <li>Diabetes Cooking Series; 2:30 to 4 p.m.</li> </ul>	5 <ul style="list-style-type: none"> <li>Matter of Balance (1 of 8); 9:30 to 11:30 a.m.</li> <li>Healthy Meal Prep; 10 to 11 a.m.</li> </ul> <p><b>Note:</b> Fri. exercise class continues from prior month. Next series begins on Nov. 30, 2018</p>
8 <ul style="list-style-type: none"> <li>Annual Diabetes Training; 1:30 to 3:30 p.m.</li> <li>Exercising Your Pelvic Floor; 2 to 3:30 p.m.</li> </ul>	9	10 <ul style="list-style-type: none"> <li>Mediterranean Lifestyle; 1:30 to 3 p.m.</li> </ul>	11 <ul style="list-style-type: none"> <li>Dementia Caregiver Support Group; 10 to 11 a.m.</li> <li>Diabetes Cooking Series; 2:30 to 4 p.m.</li> </ul>	12 <ul style="list-style-type: none"> <li>Matter of Balance (2 of 8); 9:30 to 11:30 a.m.</li> <li>Symphony of the Cells™; 1:30 to 3 p.m.</li> </ul>
15 <ul style="list-style-type: none"> <li>Diabetes Support Group; 3 to 4 p.m.</li> </ul>	16 <ul style="list-style-type: none"> <li>Elder Exploitation; 8 a.m. to 12:30 p.m.</li> <li>Diabetes Self-Management Training (1 of 5); 9:30 to 11:30 a.m.</li> <li>Sun Health Foundation; 1:30 to 3 p.m.</li> <li>Diabetes Self-Management Training (1 of 5); 2 to 4 p.m.</li> </ul>	17 <ul style="list-style-type: none"> <li>Diabetes Self-Management Training (1 of 5); 9 to 11 a.m.</li> <li>Fit &amp; Balanced (FAB6); 1:30 to 2:30 p.m.</li> <li>Dementia Caregiver Support Group; 3 to 4 p.m.</li> <li>Balance &amp; Strength (1 of 8); 3:30 to 4:30 p.m.</li> </ul>	18 <ul style="list-style-type: none"> <li>Mindfulness: Practical Solutions; 9:30 to 11 a.m.</li> <li>Diabetes Cooking Series; 2:30 to 4 p.m.</li> </ul>	19 <ul style="list-style-type: none"> <li>Matter of Balance (3 of 8); 9:30 to 11:30 a.m.</li> <li>Healthy Meal Prep; 10 to 11 a.m.</li> </ul>
22 <ul style="list-style-type: none"> <li>Senior Care Preparation; 1:30 to 3 p.m.</li> </ul>	23 <ul style="list-style-type: none"> <li>Diabetes Self-Management Training (2 of 5); 9:30 to 11:30 a.m.</li> <li>Staying Active w/ COPD; 10 to 11:30 a.m.</li> <li>Diabetes Self-Management Training (2 of 5); 2 to 4 p.m.</li> </ul>	24 <ul style="list-style-type: none"> <li>Diabetes Self-Management Training (2 of 5); 9 to 11 a.m.</li> <li>Hearing or Memory Loss? 1:30 to 3 p.m.</li> <li>FAB6 Continues</li> <li>Balance &amp; Strength (2 of 8); 3:30 to 4:30 p.m.</li> </ul>	25 <ul style="list-style-type: none"> <li>Dementia Caregiver Support Group; 10 to 11 a.m.</li> <li>Diabetes Cooking Series; 2:30 to 4 p.m.</li> </ul>	26 <ul style="list-style-type: none"> <li>Symphony of the Cells™; 8:30 to 10 a.m.</li> <li>Matter of Balance (4 of 8); 9:30 to 11:30 a.m.</li> <li>World Religions Panel Discussion; 10 a.m.</li> </ul>
29 <ul style="list-style-type: none"> <li>Chair Yoga (CY25); 8 to 9 a.m.</li> <li>Mat Yoga (MY6); 9:30 to 10:30 a.m.</li> <li>Tai Chi (TC25); 11 a.m. to noon</li> <li>Strength Training (ST25); 1 to 2 p.m.</li> </ul>	30 <ul style="list-style-type: none"> <li>Engaging Your Loved One; 9:30 to 11 a.m.</li> <li>Diabetes Self-Management Training (3 of 5); 9:30 to 11:30 a.m.</li> <li>Diabetes Self-Management Training (3 of 5); 2 to 4 p.m.</li> </ul>	31 <ul style="list-style-type: none"> <li>Diabetes Self-Management Training (3 of 5); 9 to 11 a.m.</li> <li>Valley Fever; 9 to 10:30 a.m.</li> <li>FAB6 Continues</li> <li>Balance and Strength (3 of 8); 3:30 to 4:30 p.m.</li> </ul>	<p>🖥 Register Online Beginning at 6 a.m. on September 13 <a href="http://sunhealthcommunityeducation.org">sunhealthcommunityeducation.org</a></p> <p>📞 Register by Phone Beginning at 8 a.m. on September 13 623-207-1703</p>	