

Classes & Events

Registration Opens October 11

BRAIN HEALTH

Normal Aging vs Dementia

Thursday, Nov. 8; 9 to 10:30 a.m.

We all notice changes in our memory as we age. Join Sun Health's Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

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

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Nov. 2; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create healthy vegetables for Thanksgiving.

Location: The Colonnade

DIABETES CARE

Annual Diabetes Self-Management Education

Monday, Nov. 12; 2 to 4 p.m.

This class is for those who have previously completed a Diabetes Self-Management 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: Banner Boswell/Juniper Conf. Room

Diabetes Connection Support Group

Monday, Nov. 19; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. Guest speaker Liz Caray from Abbott Labs will address technology advancements in blood glucose monitoring. **Registration is not required.**

Location: Center for Health & Wellbeing

Diabetes Self-Management Training

This 10-hour accredited course provides guidance to help prevent diabetic complications and improve overall health. 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 - Nov. 20 & 27; Dec. 4, 11 & 18

9:30 to 11:30 a.m.; Banner Del E. Webb/Volunteer Activity Room

2:30 to 4:30 p.m.; Banner Boswell/Chapman Conf. Room

Baby Your Beta Cells

Beta cells are unique cells in the pancreas that produce, store and release the hormone insulin, which is responsible for regulating blood sugar. Join Rhonda Zonoozi to learn which interventions can increase insulin sensitivity and preserve beta-cell function in prediabetes and early type 2 diabetes.

Tuesday, Nov. 27; 10 to 11:30 a.m.

Location: La Loma Village MPR

Friday, Nov. 30; 1:30 to 3 p.m.

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

Leg and Foot Health

Monday, Nov. 12; 2 to 3:30 p.m.

Dr. Jeffrey Braxton, MD, FACS, and Dr. Ronaldo Holgado, DPM, FACFAS, will focus on healthy tips to keep your legs' veins and arteries healthy as well as information on how to keep moving without foot pain.

Location: The Colonnade

Transformative Kindness

Tuesday, Nov. 13; 9:30 to 11 a.m.

Kindness is a spiritually restorative force that has the power to transform and sustain givers and recipients. Practicing kindness is an important component of cultivating resiliency. Join Rabbi Jesse Charyn for an engaging and spiritually uplifting class.

Location: Sun City West Foundation

The Benefits of Giving Back

Tuesday, Nov. 20; 10 to 11:30 a.m.

Claudia Vazquez, development director of Sun Health Foundation, and David Monheit, CPA, PFS, will discuss the benefits of giving back and empowering communities and the tax benefits of philanthropy.

Location: La Loma Village MPR

Make Your Wishes Known: Advance Directives Workshop

Monday; Nov. 26; 1:30 to 3:30 p.m.

Join Paul Fredericks, MA-Min, and attorney Daniel Esparza to review the AZ Advance Directive forms and get assistance to make your end-of-life wishes known. Bring your family member/loved ones.

Location: Faith Presbyterian Church

☛ Meditation: A Path to Wellness

Thursday, Nov. 29; 2 to 3:30 p.m.

Join Sally Charalambous to learn the physical, psychological and spiritual aspects of meditation and mindfulness and experience the benefits of diaphragmatic breathing, progressive muscle relaxation and guided meditation. **Note: Registration for this class requires 10 class credits (\$10).**

Location: The Colonnade

HEART HEALTH

Managing Atrial Fibrillation

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

Friday, Nov. 9; 2 to 3:30 p.m.

Location: La Loma Village H&R

Monday, Nov. 19; 2 to 3:30 p.m.

Location: Grandview Terrace H&R




Need a Ride?

Northwest Valley Connect is available
northwestvalleyconnect.org (623) 282-9300

Registration Required
SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning at 6 a.m. October 11
sunhealthcommunityeducation.org

 Register By Phone

Beginning at 8 a.m. October 11
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.

KIDNEY HEALTH

Lifestyle Interventions to Prevent & Manage Chronic Kidney Disease (CKD)

Tuesday, Nov. 6; 1:30 to 3 p.m.

Our kidneys perform vital functions to keep us alive. Chronic kidney disease means your kidneys are damaged and can't filter blood the way they should. Join Sun Health's Tracy Garrett & Rhonda Zonoozi to learn how to keep your kidneys healthy and protect them from more CKD damage.

Location: Center for Health & Wellbeing

Chronic Kidney Disease

Thursday, Nov. 15; 9:30 to 11 a.m.

Join Liqun Bai, MD, FASN, as he explains chronic kidney disease, the reasons why it's prevalent among seniors and ways to prevent and manage it.

Location: PORA

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, Nov. 7 & 21; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursday, Nov. 8; 10 to 11 a.m.

Location: Iora Primary Care



Healthy U

November 2018

Memory Boxes & Books

Wednesday, Nov. 14; 1:30 to 3 p.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 why they help as she shares an example of a customized memory book and memory box.

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

NUTRITION

Spice Up Your Life

Join Registered Dietitian Nutritionist Tracy Garrett as she discusses a handful of the spices that have been shown scientifically to provide therapeutic health benefits, including ginger, clove, cinnamon, saffron, turmeric, garlic and cumin.

Tuesday, Nov. 20; 1:30 to 3 p.m.

Location: Grace Bible Church

Wednesday, Nov. 28; 2 to 3:30 p.m.

Location: Grandview Terrace H&R

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 CY26: Nov. 21 & 28; Dec. 5, 12 & 19; Jan. 9, 16 & 23, 2019

Beginning chair yoga.

Chair Yoga Plus

Wednesdays - 9:30 to 10:30 a.m.; Series CYP6: Nov. 21 & 28; Dec. 5, 12 & 19; Jan. 9, 16 & 23, 2019

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

Tai Chi

Wednesdays - 11 a.m. to noon.; Series TC26: Nov. 21 & 28; Dec. 5, 12 & 19; Jan. 9, 16 & 23, 2019

Beginning Tai Chi modified for seniors.

Strength Training for Health

Fridays - 11 a.m. to noon.; Series ST26: Nov. 30; Dec. 7, 14, 21 & 28; Jan. 4, 11 & 18, 2019

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

SAFETY

AARP Smart Driver Course

Thursday, Nov. 1; 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. The 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: Iora Primary Care

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 Del E. Webb/Volunteer Activity Room
14502 W. Meeker Blvd, Sun City West

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

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 Avenue, Sun City

Grandview Terrace H&R
Grandview Terrace Health and Rehabilitation Center, Bldg. A, 14505 W. Granite Valley Dr., Sun City West

Iora Primary Care
13940 W. Meeker Blvd. Ste 101, Sun City West

La Loma Village H&R
La Loma Village Health & Rehabilitation Center, 14260 S. 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

SCW Foundation
14465 RH Johnson Blvd., Sun City West

The Colonnade
19116 N. Colonnade Way, Surprise, AZ

Healthy U November Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
<p> Register Online Beginning at 6 a.m. on October 11 sunhealthcommunityeducation.org</p>	<p> Register by Phone Beginning at 8 a.m. on October 11 623-207-1703</p>		<p>1</p> <ul style="list-style-type: none"> AARP Smart Driver; 8:30 a.m. to 12:30 p.m. 	<p>2</p> <ul style="list-style-type: none"> Healthy Meal Prep; 10 to 11 a.m.
<p>5</p> <p>Note: Mon. exercise class continues from prior month. Next series begins on Jan. 7, 2019</p>	<p>6</p> <ul style="list-style-type: none"> Lifestyle Interventions – Chronic Kidney Disease; 1:30 to 3 p.m. 	<p>7</p> <ul style="list-style-type: none"> Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>8</p> <ul style="list-style-type: none"> Normal Aging vs Dementia; 9 to 10:30 a.m. Dementia Caregiver Support Group; 10 to 11 a.m. 	<p>9</p> <ul style="list-style-type: none"> Managing Atrial Fibrillation; 2 to 3:30 p.m.
<p>12</p> <ul style="list-style-type: none"> Leg & Foot Health; 2 to 3:30 p.m. Annual Diabetes Training; 2 to 4 p.m. 	<p>13</p> <ul style="list-style-type: none"> Transformative Kindness; 9:30 to 11 a.m. 	<p>14</p> <ul style="list-style-type: none"> Memory Boxes & Books; 1:30 to 3 p.m. 	<p>15</p> <ul style="list-style-type: none"> Chronic Kidney Disease; 9:30 to 11 a.m. 	<p>16</p>
<p>19</p> <ul style="list-style-type: none"> Managing Atrial Fibrillation; 2 to 3:30 p.m. Diabetes Support Group; 3 to 4 p.m. 	<p>20</p> <ul style="list-style-type: none"> Diabetes Self-Management Training; 9:30 to 11:30 a.m. (1 of 5) The Benefits of Giving Back; 10 to 11:30 a.m. Spice Up Your Life; 1:30 to 3 p.m. Diabetes Self-Management Training; 2:30 to 4:30 p.m. (1 of 5) 	<p>21</p> <ul style="list-style-type: none"> Chair Yoga (CY26); 8 to 9 a.m. Chair Yoga Plus (CYP6); 9:30 to 10:30 a.m. Tai Chi (TC26); 11 a.m. to noon Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>22</p> <p>Thanksgiving Holiday Our Offices Closed</p>	<p>23</p> <p>Thanksgiving Holiday Our Offices Closed</p>
<p>26</p> <ul style="list-style-type: none"> Make Your Wishes Known; 1:30 to 3:30 p.m. 	<p>27</p> <ul style="list-style-type: none"> Diabetes Self-Management Training; 9:30 to 11:30 a.m. (2 of 5) Baby Your Beta Cells; 10 to 11:30 a.m. Diabetes Self-Management Training; 2:30 to 4:30 p.m. (2 of 5) 	<p>28</p> <ul style="list-style-type: none"> CY26, CYP6, TC26 Continue Spice Up Your Life; 2 to 3:30 p.m. 	<p>29</p> <ul style="list-style-type: none"> Meditation: A Path to Wellness; 2 to 3:30 p.m. 	<p>30</p> <ul style="list-style-type: none"> Strength Training (ST26); 11 a.m. to noon Baby Your Beta Cells; 1:30 to 3 p.m.