

Classes & Events

Registration Opens November 15

BRAIN HEALTH

When to Take the Keys

Friday, Dec. 7; 9 a.m. to noon

Join Dr. Bryan Spann & Lori Nisson, LCSW, of Banner Sun Health Research Institute, attorney Lora Johnson and Jenny Nordine, OTR/L, CDRS to learn about the neurological changes that impair driving, the legal perspective and how to address driving with family members with dementia. Panel discussion and resources available to answer your questions.

Location: Lord of Life Lutheran Church SCW

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Dec. 7; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will show how to create Healthy Chocolate Holiday Treats.

Location: The Colonnade

Supplements and Cancer Care

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

Dr. Heather Paulson, ND, FABNO, naturopathic oncologist, will discuss what you need to know about supplements during and after cancer treatment.

Location: Banner Boswell Medical Center/Memorial Hall West

Quarterbacking Breast Cancer: A Breast Surgeon's Playbook

Thursday, Dec. 13; 1:30 to 3 p.m.

A breast cancer diagnosis can be a game changer. Join general surgeon Selyne Samuel, MD, to discuss the game plan and the team that is needed to win.

Location: PORA

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 Zonoozi to learn the simple steps that people with prediabetes can take to prevent or delay diabetes and about the new insurance benefit available to many with prediabetes.

Wednesday, Dec. 5; 9:30 to 10:30 a.m.

Location: Grandview Terrace H&R

Monday, Dec. 17; 9:30 to 10:30 a.m.

Location: Faith Presbyterian Church

Diabetes: A Doctor's Point of View

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

Join Joshua Johnson, MD, of Pinnacle Care Internal Medicine, and Sun Health's registered dietitian Susan Welter to learn the medical importance of managing diabetes after your diagnosis and how diet, exercise and glucose monitoring can help keep it under control.

Location: SCW Foundation/Webb Room

Diabetes Connection Support Group

Monday, Dec. 17; 3 to 4 p.m.

Anyone who has been impacted by diabetes or prediabetes is welcome to join us and bring a healthy potluck item (recipes are appreciated) as we celebrate and discuss strategies to keep the holidays healthy and happy.

Registration is not required.

Location: Center for Health & Wellbeing



Need a Ride?

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

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing Tuesday, Dec. 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

The Truth Behind Hospice and Palliative Care Tuesday, Dec. 11; 2 to 3:30 p.m.

Mary Filhart, RN, addresses the misconceptions of hospice, the differences between hospice and palliative care, and how each can help make the last stage of life the greatest stage of life.

Location: La Loma Village MPR

Healthy Holiday Event Friday, Dec. 14; 8 a.m. to noon

Please join our friends and community partners of Our Neighbor Network for a festive morning of fun! Bring your family and friends to enjoy crafts, party ideas, cookie decorating, food/drink recipes and samples along with education and resources for a healthy holiday season. Casual holiday attire encouraged. Prizes, coupons and drawings by local vendors.

Location: SCW Foundation/Webb Room

'Tis the Season: Thinking Outside the (Gift) Box Wednesday, Dec. 19; 10 to 11:30 a.m.

Cheryl House, Consultant with Phoenix Philanthropy Group, shares the different ways of giving and how they may benefit both you and your community.

Location: The Colonnade

HEART HEALTH

Blood Pressure Checks Wednesday, Dec. 12; 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

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Register Online

Beginning at 6 a.m. November 15
sunhealthcommunityeducation.org

Register By Phone

Beginning at 8 a.m. November 15
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.

Get The Facts about High Blood Pressure Monday, Dec. 17; 1:30 to 3 p.m.

Join Sun Health's Exercise Physiologist Rhonda Zonoozi to discover the risks of developing high blood pressure, the recommendations for prevention and treatment of this condition, and the new guidelines from the American Heart Association.

Location: La Loma Village - MPR

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, Dec. 5 & 19; 3 to 4 p.m.

Location: Grandview Terrace H&R

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

Location: Iora Primary Care



Healthy U

December 2018

Enjoying the Holidays Now that My Loved One Has Dementia

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

Join Sun Health Memory Care Navigator Cheryl Ortega as she offers tips to plan for the holidays when your loved one has Alzheimer's or another dementia.

Location: Iora Primary Care

How to Be a Friend to a Friend with Dementia

Tuesday, Dec. 18; 1:30 to 2:30 p.m.

Maintaining a relationship with a friend who has dementia can be challenging, especially for people who have little experience with dementia. Learn some tips on what to do and say and how you can still be a friend. Presented by Marty Finley, MEd, Memory Care Navigator for Sun Health.

Location: Grace Bible Church

SAFETY

📄 AARP Smart Driver Course

Tuesday, Dec. 4; 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: Center for Health & Wellbeing

Give the gift of Wellness.



Sun Health Wellness gift certificates are the perfect gift for everyone on your holiday list (including you!)

Call or visit our Surprise Location:
14719 W. Grand Ave. in Surprise
sunhealthwellbeing.org

623-832-WELL (9355)

Gift certificates available for:

- Nutrition consultation
- Fitness evaluation and planning
- Wellness packages including weight management
- Massage
- Acupuncture
- Health coaching



Location Key:

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, 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 MPR
La Loma Village Multi-Purpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park



Lord of Life Lutheran Church
13724 W. Meeker Blvd., Sun City West, AZ

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 December Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
3	4 <ul style="list-style-type: none"> • AARP Smart Driver; 8:30 a.m. to 12:30 p.m. • Take a Tour CHW; 11 a.m. to noon 	5 <ul style="list-style-type: none"> • Prediabetes: Knowing If You Are at Risk; 9:30 to 10:30 a.m. • Dementia Caregiver Support Group; 3 to 4 p.m. 	6 <ul style="list-style-type: none"> • Enjoying the Holidays Now That My Loved One Has Dementia; 10 to 11:30 a.m. 	7 <ul style="list-style-type: none"> • When to Take the Keys; 9 a.m. to noon • Healthy Meal Prep; 10 to 11 a.m.
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24 <p>Happy Holidays! Our offices will be closed.</p>	25 <p>Happy Holidays! Our offices will be closed.</p>	26	27 <ul style="list-style-type: none"> • Dementia Caregiver Support Group; 10 to 11 a.m. 	28
31	<div style="background-color: #2c5e8c; color: white; padding: 20px; text-align: center;"> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Register Online Beginning at 6 a.m. on November 15 sunhealthcommunityeducation.org</p> </div> <div style="text-align: center;">  <p>Register by Phone Beginning at 8 a.m. on November 15 623-207-1703</p> </div> </div> </div>			