

Registration Opens December 12

BRAIN HEALTH

Want to Save Your Brain?

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

Dr. Paul Bendheim, a neurologist and founder of BrainSavers®, will describe the BrainSavers® Brain+Body Total Fitness Program, which promotes healthy aging and fights off the assaults of aging while reducing your risk of memory loss and Alzheimer's or dementia. Come learn about BrainSavers® – A fitness program to remember!

Location: Grandview Terrace/Grand Room

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Jan. 4 & 18; 10 to 11 a.m.

Chef Debra will show how to create dishes with Plant Protein (1/4) and Ancient Grains (1/18). This class is provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

DIABETES CARE

National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program (NDPP) is led by a registered dietitian and an exercise physiologist. This yearlong lifestyle-change program uses research-based curriculum developed by the CDC 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.

The fee for this series is covered by Medicare and many insurance providers. Call 623-832-WELL (9355) to register.

Mondays, starting Jan. 7; 9 to 10 a.m.

Location: Banner Boswell/Chapman Conf. Room

Fridays, starting Jan. 11; 9 to 10 a.m.

Location: Center for Health & Wellbeing

Diabetes Self-Management Training

This six-week 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.

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; physician referral required. Register at least one week prior to the start of the series.

Tuesdays – Jan. 15, 22 & 29; Feb. 5, 12 & 19

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

Diabetes Connection Support Group

Monday, Jan. 21; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. We'll kick off the New Year with "Transforming Your Habits." **Registration is not required.**

Location: Center for Health & Wellbeing

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

Beginning at 6 a.m. December 12

sunhealthcommunityeducation.org

 **Register By Phone**

Beginning at 8 a.m. December 12

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.

Classes & Events

HEALTH & WELLBEING

Grief & Loss Series **\$**

Thursdays - Jan. 10, 17, 24 & 31; Feb. 14, 21 & 28; Mar. 7; 9:30 to 11 a.m.

The Grief Recovery Method® program, taught by Rev. David Klumpenhower, makes it possible to move on after loss while also providing a safe environment, guidance and tools to help you lead a happier life. **Note: Registration for this series requires 10 class credits for class book (\$10).**

Location: Grandview Terrace Health & Rehab

Self-Esteem & Vitality: Give Yourself a Boost

Friday, Jan. 11; 9:30 to 11 a.m.

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

Location: The Colonnade

Creating Your Healthy Vision for 2019

Monday, Jan. 21; 9:30 to 11 a.m.

Have you set New Year's resolutions in the past and failed? Join Sun Health's Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to learn how to successfully create a compelling vision plan and set SMART goals with small action steps you can take for a healthier you in 2019.

Location: SCW Foundation/Webb Room

New Year, New Mindfulness

Thursday, Jan. 31; 1:30 to 3 p.m.

New to Meditation? Barbara Mason, CADC, will share basic practices and guide you through a meditation technique for relaxation and peace throughout the new year!

Location: Center for Health & Wellbeing

HEART HEALTH

Blood Pressure Checks

Wednesday, Jan. 16; 2 to 4 p.m.

Retired nurse volunteers are onsite to check your blood pressure and answer any questions.

Registration is not required.

Location: Center for Health & Wellbeing

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, Jan. 2 & 16; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursdays, Jan. 10 & 24; 10 to 11 a.m.

Location: Iora Primary Care

Got Caregiver Stress?

Thursday; Jan. 3; 10 to 11 a.m.

Marty Finley, Marty Finley, a Memory Care Navigator for Sun Health, will discuss warning signs of stress, burnout, how to cope and self-care.

Location: Iora Primary Care

Safety Tips & Strategies

Monday, Jan. 28; 1 to 2:30 p.m.

Surprise Police Department provides tips and crime prevention strategies to keep you and your loved ones with memory issues safe in your home and community.

Location: Faith Presbyterian Church

NUTRITION

Eating for Health & Vitality

Thursday, Jan. 17; 9:30 to 11 a.m.

Join Sun Health's Registered Dietitian Tracy Garrett as she invites you to explore what vitality means to you and the evidence-based nutrition practices associated with improved quality of life.

Location: PORA

Mediterranean Lifestyle

Wednesday, Jan. 23; 9:30 to 11 a.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: Grace Bible Church

Don't miss an issue of *LiveWell* magazine.
Sign up at livewellsubscribe.org
to have it emailed to you each month.



PHYSICAL FITNESS

All physical fitness classes are held at:

Center for Health & Wellbeing

Note: Physical fitness classes are offered in an eight-class series.

Registration for a series requires 40 class credits (\$40).

Chair Yoga **\$**

**Mondays – Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25;
8 to 9 a.m.; Series CY27**

**Wednesdays – Jan. 30; Feb. 6, 13, 20 & 27;
Mar. 6, 13 & 20; 8 to 9 a.m.; Series CY28**

Beginning Chair Yoga.

Tai Chi **\$**

**Mondays – Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25;
11 a.m. to noon.; Series TC27**

**Wednesdays – Jan. 30; Feb. 6, 13, 20 & 27;
Mar. 6, 13 & 20; 11 a.m. to noon.; Series TC28**

Beginning Tai Chi modified for seniors.

Strength Training for Health **\$**

**Mondays – Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25;
1 to 2 p.m.; Series ST27**

**Fridays – Jan. 25; Feb. 1, 8, 15 & 22; Mar. 1, 8 & 15;
11 a.m. to noon; Series ST28**

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



Northwest Valley Connect is available

northwestvalleyconnect.org (623) 282-9300

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

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 GRAND ROOM

4th Floor, 14515 W. Granite Valley Dr.
Sun City West, AZ 85375

GRANDVIEW TERRACE HEALTH & REHAB

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

PORA

PORA Learning Center,
13815 W. Camino Del Sol,
Sun City West

SCW FOUNDATION/WEBB ROOM

14465 RH Johnson Blvd.,
Sun City West

THE COLONNADE

19116 N. Colonnade Way,
Surprise

Chair Yoga Plus **\$**

Wednesdays – 9:30 to 10:30 a.m.; Series CYP7:

Jan. 30; Feb. 6, 13, 20 & 27; Mar. 6, 13 & 20

Chair Yoga using both seated and standing postures.

Participants must be able to stand independently.

Fit & Balanced **\$**

Wednesdays – 1 to 2 p.m.; Series FAB7:

Jan. 30; Feb. 6, 13, 20 & 27; Mar. 6, 13 & 20

Low-intensity class focusing on the strength, flexibility
and balance exercises using a chair as support.

Participants must be able to stand independently.

Mat Yoga **\$**

Mondays – 9:30 to 10:30 a.m.; Series MY7:

Jan. 7, 14, 21 & 28; Feb. 4, 11, 18 & 25

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.

SAFETY

Matter of Balance **\$**

Fridays – Jan. 18 & 25; Feb. 1, 8, 15 & 22;

Mar. 1 & 8; 9:30 to 11:30 a.m.

Are you concerned about falling, or have you fallen in the past? Have you avoided activities because you're afraid 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: Banner Boswell/Juniper Conf. Room