

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.



Register online

Visit sunhealthcommunityeducation.org



Register by phone Starting July 18!

623-207-1703 *except where noted*

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.



Classes with this icon have an associated fee. Class fees are nonrefundable unless the class is canceled.

LOCATION KEY:

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

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

Banner Thunderbird/Conf. Room No. 5 — 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

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

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

The Colonnade — 19116 Colonnade, Surprise Way, Surprise

BRAIN HEALTH

Exercise Your Parkinson's Disease

Monday, Aug. 7; 9:30 to 10:30 a.m.

Physical Therapist Celeste Delap will demonstrate key exercises and explain how exercise has a positive impact for individuals with Parkinson's disease.

Location: The Colonnade

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Aug. 4 and 18; 10 to 11 a.m.

Focusing on "Salads in a Snap" (8/4) and "Snacks on the Go" (8/18), learn how to create easy and affordable dishes packed with antioxidants and flavor while staying on a budget. In partnership with Cancer Support Community Arizona.

Location: Center for Health & Wellbeing

Supplements & Cancer Care

Thursday, Aug. 17; 9:30 to 10:30 a.m.

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

Location: PORA

DIABETES CARE

Diabetes Self-Management Education

This accredited five-week course provides the guidance needed to help prevent or delay diabetic complications and improve overall health. This series is taught by Center for Health & Wellbeing certified diabetes educators. **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.**

Starts Tuesday, Aug. 1:

9:30 to 11:30 a.m.; Center for Health & Wellbeing

1:30 to 3:30 p.m.; Banner Boswell/Juniper Conf. Room

Starts Wednesday, Aug. 2:

9 to 11 a.m.; Banner Thunderbird/Conf. Room 5

Prediabetes: Knowing if You are at Risk & What You Can Do About It

One out of three American adults has prediabetes, and most do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. Join Sun Health's Rhonda Zonoozi to learn how people with prediabetes can prevent or delay diabetes with lifestyle changes.

Wednesday, Aug. 2; 1:30 to 2:30 p.m.

Location: Banner Boswell/Juniper Conf. Room

Thursday, Aug. 3; 10 to 11 a.m.

Location: Center for Health & Wellbeing

Diabetes Prevention (Prediabetes) Program

A 16-week National Diabetes Prevention Program followed by seven monthly maintenance sessions led by Center for Health & Wellbeing staff. This research-based program focuses on weight management, nutrition, exercise and behavior modification for lifestyle changes to prevent or delay type 2 diabetes. **Call 623-832-WELL (9355) to register and inquire about the cost.**

Starts Thursday, Aug. 31:

11 a.m. to noon; *Center for Health & Wellbeing*

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

HEALTH & WELLBEING

Healthy Aging through Fitness, Proper Diet, Movement Therapy & Meditation

Wednesday, Aug. 9; 9:30 to 10:30 a.m.

Licensed Acupuncturist JoDee Chenaur, LAc, shares the secrets of traditional Chinese medicine, which prescribes various ways to age gracefully through proper diet, exercise, meditation and herbal tonics.

Location: Grandview Terrace H&R

The Truths & Myths of Fixing Your Hearing

Tuesday, Aug. 15; 1:30 to 2:30 p.m.

Join Audiologist Dan Hewson, MS, to learn about current technology and trends to address hearing loss.

Location: La Loma Village MPR

Lifestyle Interventions for Age-Related Muscle Loss

Friday, Aug. 25; 9:30 to 11 a.m.

Sarcopenia is the age-related, progressive loss of skeletal muscle that can lead to mobility issues, weak bones, falls and fractures and a loss of physical function and independence. Join Center for Health & Wellbeing staff to learn how exercise and nutrition can help prevent or treat sarcopenia. **Note:** *This class has a \$10 fee.*

Location: The Colonnade

Solutions for Minimizing Foot Pain

Wednesday, Aug. 30; 9:30 to 10:30 a.m.

Pedorthist Patti Vukich with Foot Solutions will share ways to properly support your feet to prevent straining other areas of your body.

Location: Grandview Terrace H&R

Incontinence and an Active Lifestyle

Thursday, Aug. 31; 9:30 to 10:30 a.m.

Join Jenny LaGreca, incontinence care consultant from Comfort Plus, to learn the common causes of incontinence, how nutrition can affect this condition and what to look for in related products.

Location: The Colonnade

HEART HEALTH

Romance – Improving Your Heart

Tuesday, Aug. 22; 9:30 to 10:30 a.m.

Marina Mitchell, BSN, RN, will reveal the impact of romance upon heart health. How do medications affect your ability to enjoy romance? What are the benefits as well as the impact of neglecting romance?

Location: Grandview Terrace H&R

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Aug. 2 & 16; 3 to 4 p.m.

Marty Finley, MEd, leads this support group specifically for people caring for a loved one with Alzheimer's disease or any type of dementia. **Registration is not required.**

Location: Grandview Terrace H&R

Caregiver Tips & Resources

Wednesday, Aug. 16; 9:30 to 10:30 a.m.

Sun Health's Memory Care Navigator, Marty Finley, MEd, will discuss tips for caregivers and share area resources for those who are caring for a loved one with dementia.

Location: The Colonnade

\$ Tai Chi

Wednesdays – 11 a.m. to noon; Series TC10:

Aug. 16, 23, 30; Sept. 6, 13, 20, 27; Oct. 4

Tai Chi is a traditional Chinese martial art shown to improve strength and balance, and help with stress reduction and relaxation.

\$ Strength Training for Health

Fridays – 11 a.m. to noon; Series ST10:

Aug. 18, 25; Sept. 1, 8, 15, 22, 29; Oct. 6

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

NUTRITION

Fueling for Fitness

Monday, Aug. 28; 1 to 2 p.m.

Join Sun Health's Registered Dietitian Nutritionist Tracy Garrett to learn the impact that the food and beverages we consume have on your ability to optimally complete a workout or an athletic event.

Location: Faith Presbyterian Church

PHYSICAL FITNESS

All classes held at Center for Health & Wellbeing

Note: Physical fitness classes are offered in an eight-class series for \$40.

\$ Fit and Balanced ~NEW SERIES!~

Wednesdays – 1:30 to 2:30 p.m.; Series FAB1: Aug. 9, 16, 23, 30; Sept. 6, 13, 20 & 27

This eight-week beginner-level, low-intensity class will focus on the strength, flexibility and balance exercises used in *A Matter of Balance* program with gradual progression, using a chair as support. **Participants must be able to stand independently.**

\$ Chair Yoga

Wednesdays – 8 to 9 a.m.; Series CY10: Aug. 16, 23, 30; Sept. 6, 13, 20, 27; Oct. 4

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

\$ Yoga for Relaxation

Wednesdays – 9:30 to 10:30 a.m.; Series YR5: Aug. 16, 23, 30; Sept. 6, 13, 20, 27; Oct. 4

Yoga involves paying attention to your breath, which can help you relax, feel less stressed and improve posture.

Participants must be able to stand independently.

SAFETY

\$ Balance & Strength Training

Wednesdays - 3:30 to 4:30 p.m.: Aug. 9, 16, 23, 30; Sept. 6, 13, 20 & 27

This advanced eight-week series emphasizes balance exercises, along with leg and core strength training, in a group setting. Home exercises will be provided. Rhonda Zonoozi, exercise physiologist, will be the instructor.

Participants must be able to stand without assistance.

Call 623-832-WELL (9355) to register and inquire about cost.

Location: Center for Health & Wellbeing



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

August Classes & Events At-A-Glance

| Mon | Tue | Wed | Thu | Fri | |
|---|---|--|---|--|---|
|  <p>Register online Starting July 18 sunhealthcommunityeducation.org</p> | <p>1</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (1 of 5) • Diabetes Self-Management; 1:30 to 3:30 p.m. (1 of 5) | <p>2</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9 to 11 a.m. (1 of 5) • Prediabetes: Knowing if You Are at Risk; 1:30 to 2:30 p.m. • Dementia Support Group; 3 to 4 p.m. | <p>3</p> <ul style="list-style-type: none"> • Prediabetes: Knowing if You Are at Risk; 10 to 11 a.m. | <p>4</p> <ul style="list-style-type: none"> • Healthy Meal Prep for Cancer; 10 to 11 a.m. | |
| | <p>7</p> <ul style="list-style-type: none"> • Exercise Your Parkinson's Disease; 9:30 to 10:30 a.m. | <p>8</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (2 of 5) • Diabetes Self-Management; 1:30 to 3:30 p.m. (2 of 5) | <p>9</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9 to 11 a.m. (2 of 5) • Healthy Aging through Fitness; 9:30 to 10:30 a.m. • Fit & Balanced; 1:30 to 2:30 p.m. (1 of 8) • Balance & Strength; 3:30 to 4:30 p.m. (1 of 8) | <p>10</p> | <p>11</p> |
| | <p>14</p> | <p>15</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (3 of 5) • Truths & Myths of Hearing; 1:30 to 2:30 p.m. • Diabetes Self-Management; 1:30 to 3:30 p.m. (3 of 5) | <p>16</p> <ul style="list-style-type: none"> • Chair Yoga (CY10); 8 to 9 a.m. • Diabetes Self-Management; 9 to 11 a.m. (3 of 5) • Caregiver Tips; 9:30 to 10:30 a.m. • Yoga for Relaxation (YR5); 9:30 to 10:30 a.m. • Tai Chi (TC10); 11 a.m. to noon • Fit & Balanced; 1:30 to 2:30 p.m. (2 of 8) • Dementia Support; 3 to 4 p.m. • Balance & Strength; 3:30 to 4:30 p.m. (2 of 8) | <p>17</p> <ul style="list-style-type: none"> • Supplements & Cancer Care; 9:30 to 10:30 a.m. | <p>18</p> <ul style="list-style-type: none"> • Healthy Meal Prep for Cancer; 10 to 11 a.m. • Strength Training (ST10); 11 a.m. to noon |
| | <p>21</p> | <p>22</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (4 of 5) • Romance & Your Heart; 9:30 to 10:30 a.m. • Diabetes Self-Management; 1:30 to 3:30 p.m. (4 of 5) | <p>23</p> <ul style="list-style-type: none"> • Chair Yoga (CY10); 8 to 9 a.m. • Diabetes Self-Management; 9 to 11 a.m. (4 of 5) • Yoga for Relaxation (YR5); 9:30 to 10:30 a.m. • Tai Chi (TC10); 11 a.m. to noon • Fit & Balanced; 1:30 to 2:30 p.m. (3 of 8) • Balance & Strength; 3:30 to 4:30 p.m. (3 of 8) | <p>24</p> | <p>25</p> <ul style="list-style-type: none"> • Age-Related Muscle Loss; 9:30 to 11 a.m. • Strength Training (ST10); 11 a.m. to noon |
| | <p>28</p> <ul style="list-style-type: none"> • Fueling for Fitness; 1 to 2 p.m. | <p>29</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (5 of 5) • Diabetes Self-Management; 1:30 to 3:30 p.m. (5 of 5) | <p>30</p> <ul style="list-style-type: none"> • Chair Yoga (CY10); 8 to 9 a.m. • Diabetes Self-Management; 9 to 11 a.m. (5 of 5) • Yoga for Relaxation (YR5); 9:30 to 10:30 a.m. • Minimizing Foot Pain; 9:30 to 10:30 a.m. • Tai Chi (TC10); 11 a.m. to noon • Fit & Balanced; 1:30 to 2:30 p.m. (4 of 8) • Balance & Strength; 3:30 to 4:30 p.m. (4 of 8) | <p>31</p> <ul style="list-style-type: none"> • Incontinence & Active Lifestyle; 9:30 to 10:30 a.m. • Diabetes Prevention; 11 a.m. to noon (1 of 16) • Diabetes Prevention; 1:30 to 2:30 p.m. (1 of 16) |  <p>Register by phone Starting July 18 623-207-1703 <i>*except where noted</i></p> |