

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

 **Register online**

Visit sunhealthwellbeing.org and click "Education" then "Register for Classes"

 **Register by phone Starting May 23!**
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.**

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

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

La Loma Village H&R - La Loma Village Health and Rehabilitation Center, 14260 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

The Colonnade - 19116 Colonnade Way, Surprise

BONE & JOINT HEALTH

Non-Surgical Approach to Osteoarthritis of the Knee
Monday, Jun. 5; 9:30 to 10:30 a.m.

Bethany Traettino, MEd, with Arrowhead Health Centers, will explain a treatment option, which is covered by Medicare and most major insurers, that can delay or possibly even prevent the need for a total knee replacement with no down-time.

Location: The Colonnade

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Jun. 2 and 16; 10 to 11 a.m.

Focusing on Crazy for Cauliflower (6/2) and Calcium & Vitamin D (6/16), 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

Acupuncture & Cancer

Thursday, Jun. 15; 9:30 to 10:30 a.m.

JoDee Chenaur, licensed acupuncturist, will talk about the ways acupuncture can be of benefit during and after your cancer journey. Learn how acupuncture can be used to treat cancer-related and cancer treatment-related side effects such as pain, fatigue, insomnia and stress.

Location: PORA

HEALTH & WELLBEING

Take a Tour of the Sun Health Center for Health & Wellbeing

Tuesday, Jun. 6; 11 a.m. to noon

Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff who can guide you on your journey toward health and wellbeing.

Location: Center for Health & Wellbeing



Colon Health: What an Expert Wants You to Know

Tuesday, Jun. 13; 9:30 to 10:30 a.m.

There are many minor and serious conditions associated with the colon. Join Dr. Arthur Yushuva, colorectal surgeon, as he answers your questions.

Location: Banner Boswell/Memorial Hall West

What's Keeping You Up at Night?

Tuesday, Jun. 20; 1:30 to 2:30 p.m.

Cyrus Guevarra, registered sleep center technologist, will discuss the dangers of sleep deprivation and the different diseases that can come from certain sleep disorders, as well as tips on good sleep hygiene.

Location: La Loma Village MPR

Why Everyone Should Want Palliative Care

Wednesday, Jun. 21; 1:30 to 2:30 p.m.

Cameron Svendsen, LCSW, will lead this presentation to help dispel the myth that palliative care and hospice care are one in the same. He will also discuss the free health benefits people can receive through a home-based palliative care program.

Location: Center for Health & Wellbeing

How to Talk with Your Doctor

Tuesday, Jun. 27; 9:30 to 10:30 a.m.

Paul Fredericks, BA, with Banner Health, will host an engaging discussion on how to be prepared for your physician's visit and insight to a successful outcome.

Location: Grandview Terrace H&R

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Jun. 7 & 21; 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

NUTRITION

Inflammation and Your Diet

Monday, Jun. 26; 1 to 2 p.m.

Heart disease, cancer, diabetes and Alzheimer's disease are all associated with inflammation in the body. Certain foods may contribute to the degree of inflammation in the body. Join Sun Health Registered Dietitian Nutritionist Tracy Garrett as she shares natural tips to reduce inflammation and improve health.

Location: Faith Presbyterian Church

💰 You Want Me to Eat... BUGS?

Wednesday, Jun. 28; 2 to 3 p.m.

The health benefits of probiotics (the "good" bacteria) are gaining attention due to new emerging research on the gut micro biome. Join Susan Welter, Sun Health registered dietitian nutritionist, to learn how to incorporate more of these living microorganisms in your diet. Food samples are included. **Note: This class has a \$5 fee. Class fees are nonrefundable unless the class is canceled.**

Location: Center for Health & Wellbeing

PHYSICAL FITNESS

All classes held at Center for Health & Wellbeing

Note: Physical fitness classes are offered in an eight-class series for \$40. Class fees are nonrefundable unless the class is canceled.

💰 Chair Yoga

Wednesdays – 8 to 9 a.m.; Series CY8:

Jun. 21 & 28; Jul. 5, 12, 19 & 26; Aug. 2 & 9

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 YR4:

Jun. 21 & 28; Jul. 5, 12, 19 & 26; Aug. 2 & 9

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.

☛ Tai Chi**Wednesdays – 11 a.m. to noon; Series TC8:****Jun. 21 & 28; Jul. 5, 12, 19 & 26; Aug. 2 & 9**

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 ST8:****Jun. 23 & 30; Jul. 7, 14, 21 & 28; Aug. 4 & 11**

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

SAFETY**Dehydration... Did You Know?****Tuesday, Jun. 6; 9:30 to 10:30 a.m.**

Join Anthony Stannard, PT, DPT, for an interactive discussion on hydration, causes, symptoms and guidelines to keep you safe and active.

Location: Grandview Terrace H&R

Awareness, Avoidance, Action!**Wednesday, Jun. 7; 9:30 to 10:30 a.m.**

Cliff Saylor, NRA certified personal protection in the home instructor, will focus on in-home and out-of-home strategies, tips and tools to enhance personal safety.

Location: The Colonnade

A Balanced Life**Friday, Jun. 9; 11 a.m. to 12:30 p.m.**

Maren Harrison, physical therapy assistant at Banner Del E. Webb Medical Center, will discuss balance, how to assess and improve balance, and simple aids to maintain balance. Participants will have an opportunity to receive a balance assessment if interested.

Location: La Loma Village H&R

☛ A Matter of Balance**Monday and Friday, 9 to 11 a.m.****Jun 5, 9, 12, 16, 19, 23, 26 & 30**

Are you concerned about falling or have you fallen in the past? 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 has a \$25 fee. Class fees are nonrefundable unless the class is canceled.**

Location: The Colonnade

How to Stay Safe with Medication Use**Friday, Jun. 23; 9:30 to 11 a.m.**

Dawn Sullivan, PharmD, will discuss the risks of medication mishaps and how to dispose of medications that are no longer needed.


Location: The Colonnade

**Need a Ride?**

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

June Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p>REGISTRATION REQUIRED FOR MOST CLASSES CLICK OR CALL TODAY!</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Register online Sunhealthwellbeing.org and click "Education" then "Register for Classes"</p> </div> <div style="text-align: center;">  <p>Register by phone 623-207-1703 *except where noted</p> </div> </div>			1	2 <ul style="list-style-type: none">• Healthy Meal Prep for Cancer; 10 to 11 a.m.
5 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (1 of 8)• Non-Surgical Approach to Osteoarthritis of the Knee; 9:30 to 10:30 a.m.	6 <ul style="list-style-type: none">• Dehydration; 9:30 to 10:30 a.m.• Tour of Center for Health & Wellbeing; 11 a.m. to noon	7 <ul style="list-style-type: none">• Awareness, Avoidance, Action; 9:30 to 10:30 a.m.• Dementia Support Group; 3 to 4 p.m.	8	9 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (2 of 8)• A Balanced Life; 11 a.m. to 12:30 p.m.
12 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (3 of 8)	13 <ul style="list-style-type: none">• Colon Health; 9:30 to 10:30 a.m.	14	15 <ul style="list-style-type: none">• Acupuncture & Cancer Care; 9:30 to 10:30 a.m.	16 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (4 of 8)• Healthy Meal Prep for Cancer; 10 to 11 a.m.
19 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (5 of 8)	20 <ul style="list-style-type: none">• What's Keeping You Up at Night; 1:30 to 2:30 p.m.	21 <ul style="list-style-type: none">• Chair Yoga (CY8); 8 to 9 a.m.• Yoga for Relaxation (YR4); 9:30 to 10:30 a.m.• Tai Chi (TC8); 11 a.m. to noon• Palliative Care; 1:30 to 2:30 p.m.• Dementia Support Group; 3 to 4 p.m.	22	23 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (6 of 8)• Stay Safe with Medication Use; 9:30 to 11 a.m.• Strength Training (ST8); 11 a.m. to noon
26 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (7 of 8)• Inflammation and Your Diet; 1 to 2 p.m.	27 <ul style="list-style-type: none">• How to Talk with Your Doctor; 9:30 to 10:30 a.m.	28 <ul style="list-style-type: none">• Chair Yoga (CY8); 8 to 9 a.m.• Yoga for Relaxation (YR4); 9:30 to 10:30 a.m.• Tai Chi (TC8); 11 a.m. to noon• You Want Me to Eat...BUGS; 2 to 3 p.m.	29	30 <ul style="list-style-type: none">• Matter of Balance; 9 to 11 a.m. (8 of 8)• Strength Training (ST8); 11 a.m. to noon