

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.



Register online

Visit sunhealthwellbeing.org and click "Education"



Register by phone

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:

Boswell/Chapman - Boswell Medical Center, Support Services Chapman Room, 2nd Floor
13180 N. 103rd Dr., Sun City

Boswell/Juniper - Banner Boswell Medical Center, Support Services Juniper Conference Room, 2nd Floor
13180 N. 103rd Dr., Sun City

Center for Health & Wellbeing - Sun Health Center for Health & Wellbeing 14719 W. Grand, Surprise

The Colonnade - 19116 Colonnade Way, 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

Litchfield Park Library - 101 W. Wigwam Blvd., Litchfield Park, AZ 85340

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

BRAIN HEALTH

Meditation for Healthy Living

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

Sue Witter, meditation expert, will show you how to incorporate meditation into your everyday life for relaxation, stress reduction and other health benefits.

Location: Grandview Terrace H&R

DIABETES CARE

Annual Diabetes Self-Management Training

Tuesday, Nov. 15; 1:30 to 4:15 p.m.

This class is designed for those who have previously completed a Diabetes Self-Management Training series. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare benefit for diabetes support. **Please call 623-832-WELL (9355) by Nov. 10 to register. Fee covered by most insurance plans.**

Location: Center for Health & Wellbeing

▶ Diabetes Awareness Expo

Friday, Nov. 18; 9 a.m. to noon

Health care professionals, service providers and vendors will be on hand at this expo to provide information and resources on diabetes prevention and management. **Registration is not required.**

Location: The Colonnade



HEALTH & WELLBEING

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

Tuesday, Nov. 1; 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

Hearing Loss or Memory Loss? What can I do about it?

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

Daniel Hewson, MSc, of Ascent Audiology, will address how the ear works, the effects of hearing loss and its correlation to memory loss, and the advancement of hearing aid technology.

Location: The Colonnade

Concerns of the Dying; How We Can Be Proactive

Monday, Nov. 7; 1 to 2 p.m.

Nancy Curran, Prime Care Hospice volunteer coordinator, will discuss the difficult conversations we all must face with our family, including fears, preparation, wishes and forgiveness.

Location: Faith Presbyterian Church

Don't Let Incontinence Rule Your Life

Tuesday, Nov. 8; 1 to 2 p.m.

Join Jolene Capperelle, 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: La Loma Village H&R

What's Keeping You Up at Night?

Tuesday, Nov. 15; 6 to 7 p.m.

Cyrus Guevarra, registered sleep center technologist, will discuss sleep patterns and disorders, as well as when to consider a sleep test.

Location: Litchfield Park Library

Is the World Around You Spinning?

Tuesday, Nov. 15; 11 a.m. to noon

Come hear Celeste Delap, DPT, as she explains the symptoms of vestibular disorders such as dizziness, vertigo, imbalance, tinnitus, jumping vision, nausea/vomiting and anxiety, as well as what you can do about these disorders.

Location: La Loma Village H&R

The Mind-Body Connection

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

Mike Wallace, MA, LPC, explains the mind-body connection, addressing depression and how certain medical conditions can cause and aggravate depression, as well as the effects of stress and how it can be managed.

Location: The Colonnade

Exploring Thyroid Disorders

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

Join Dr. Michael Rodriguez, otolaryngologist, as he discusses the thyroid gland, the functional changes associated with thyroid disorders, the work-up you should have and the role of medicine and surgery.

Location: PORA

10 Things To Prepare You for Your Future

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

Lora Johnson, elder law attorney, will help you prepare for the concept of "when I can no longer live alone." This session will address long-term care planning to provide peace-of-mind for you and your loved ones.

Location: Grandview Terrace H&R

HEART HEALTH

Taking Care of Your Heart

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

Join Dr. Murali Macherla, vascular and thoracic surgeon, as he speaks on the latest in cardio-thoracic surgery.

Location: Boswell/Juniper

MEMORY CARE**Dementia Caregiver Support Group****Wednesdays, Nov. 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***Memory Training Class****Wednesday, Nov. 2; 9:30 to 10:30 a.m.**

Laurie Fox, certified senior adviser, will lead this fun, interactive class for people who want to enhance and keep their memory strong.

*Location: The Colonnade***PHYSICAL FITNESS**

All Physical Fitness classes are held at:
Center for Health & Wellbeing

Chair Yoga**Mondays, Nov. 7, 14, 21, 28; 8 to 9 a.m.****Wednesdays, Nov. 2, 9, 16, 23, 30; 8 to 9 a.m. & 1 to 2 p.m.**

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

Tai Chi**Mondays, Nov. 7, 14, 21, 28; 11 a.m. to noon****Wednesdays, Nov. 2, 9, 16, 23, 30; 11 a.m. to noon****Fridays, Nov. 4, 11, 18; 11 a.m. to noon**

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

Yoga for Optimal Health**Mondays, Nov. 7, 14, 21, 28; 9:30 to 10:30 a.m.**

Yoga helps you move easier and feel less stiff or tired by improving flexibility and building upper-body, core and lower-body strength while also helping reduce stress.

Participants must be able to stand independently and to safely get up and down from the floor unassisted.**Strength Training for Health****Mondays, Nov. 7, 14, 21, 28; 1 to 2 p.m.****Fridays, Nov. 4, 11; 8 to 9 a.m.**

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

Yoga for Relaxation and Posture**Wednesdays, Nov. 2, 9, 16, 23, 30; 9:30 to 10:30 a.m.**

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.**Yogalates****Fridays, Nov. 4, 11, 18; 9:30 to 10:30 a.m.**

This class emphasizes breathing through yoga poses and building core strength with Pilates to help improve sleep, decrease anxiety and help you feel restored. **Participants must be able to stand independently and to safely get up and down from the floor unassisted.**

SAFETY**AARP Smart Driver Course****Thursday, Nov. 3; 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. **Registration is required. 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: La Loma Village MPR**Need a Ride?****Northwest Valley Connect
helps you get around town**northwestvalleyconnect.org • (623) 282-9300

November Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri	
	1 <ul style="list-style-type: none"> Center for Health & Wellbeing Tour; 11 a.m. to noon 	2 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Memory Training Class; 9:30 to 10:30 a.m. Yoga for Relaxation; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Chair Yoga; 1 to 2 p.m. Dementia Caregiver Support; 3 to 4 p.m. 	3 <ul style="list-style-type: none"> AARP Smart Driver; 8:30 a.m. to 12:30 p.m. 	4 <ul style="list-style-type: none"> Strength Training; 8 to 9 a.m. Yogalates; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon 	
	7 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Hearing Loss/Memory Loss; 9:30 to 10:30 a.m. Yoga/Optimal Health; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Concerns of the Dying; 1 to 2 p.m. Strength Training; 1 to 2 p.m. 	8 <ul style="list-style-type: none"> Taking Care of Your Heart; 9:30 to 10:30 a.m. Incontinence Class; 1 to 2 p.m. 	9 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Meditation/Healthy Living; 9:30 to 10:30 a.m. Yoga for Relaxation; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Chair Yoga; 1 to 2 p.m. 	10	11 <ul style="list-style-type: none"> Strength Training; 8 to 9 a.m. Yogalates; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon
	14 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Yoga/Optimal Health; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Strength Training; 1 to 2 p.m. 	15 <ul style="list-style-type: none"> Is the World Spinning Around You? 11 a.m. to noon Annual Diabetes Training 1:30 to 4:15 p.m. What's Keeping You Up at Night?; 6 to 7 p.m. 	16 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Yoga for Relaxation; 9:30 to 10:30 a.m. Mind-Body Connection; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Chair Yoga; 1 to 2 p.m. Dementia Caregiver Support; 3 to 4 p.m. 	17 <ul style="list-style-type: none"> Exploring Thyroid Disorders; 9:30 to 10:30 a.m. 	18 <ul style="list-style-type: none"> Diabetes Awareness Expo; 9 a.m. to noon Yogalates; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon
	21 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Yoga/Optimal Health; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Strength Training; 1 to 2 p.m. 	22 <ul style="list-style-type: none"> 10 Things to Do; 9:30 to 10:30 a.m. 	23 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Yoga for Relaxation; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Chair Yoga; 1 to 2 p.m. 	24 <p>Happy Thanksgiving! No Classes</p> 	25 <p>Sun Health Offices Closed No Classes</p>
	28 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Yoga/Optimal Health; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Strength Training; 1 to 2 p.m. 	29	30 <ul style="list-style-type: none"> Chair Yoga; 8 to 9 a.m. Yoga for Relaxation; 9:30 to 10:30 a.m. Tai Chi; 11 a.m. to noon Chair Yoga; 1 to 2 p.m. 	<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"</p> </div> <div style="text-align: center;">  <p>Register by phone 623-207-1703 <i>*except where noted</i></p> </div> </div>	