

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/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

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

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

The Colonnade - 19116 Colonnade Way, Surprise

BRAIN HEALTH

Are You Losing Your Mind or Are You Normal?

Wednesday, Dec. 7; 9:30 to 10:30 a.m.

Sue Clyburn, MHA, MS, CCC-SLP, will speak about normal cognitive changes as we age, mild cognitive impairment and dementia as well as prevention strategies to enhance cognition.

Location: The Colonnade

DIABETES CARE

Diabetes Connection Support Group

Monday, Dec. 19; 3 to 4 p.m.

This monthly group is for individuals who have diabetes to gather together to share and learn in the pursuit of healthy living. **Registration is not required.**

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

Understanding A-Fib & Common Heart Valve Diseases

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

Join Dr. Divya Verma, interventional cardiologist, in a heart-to-heart discussion on what you need to know about atrial fibrillation and common heart valve diseases.

Location: The Colonnade

Grief and Loss Recovery

Monday, Dec. 5; 1 to 2 p.m.

Join Rev. David Klumpenhower, director of Spiritual Life for Sun Health Senior Living, as he discusses the impact grief and loss can have on our physical, intellectual, social, and spiritual health, and how a journey to healing is possible.

Location: Faith Presbyterian Church

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

Tuesday, Dec. 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

Is Bariatric Surgery For You?

Thursday, Dec. 8; 9:30 to 10:30 a.m.

Emil Graf, MD, will discuss the various bariatric procedures and options. Learn why metabolic and bariatric surgery has been shown to be one of the most effective tools for weight loss and maintenance.

Location: Center for Health & Wellbeing

Assuring Safe In-Home Care

Tuesday, Dec. 13; 1 to 2 p.m.

Cameron Svendsen, LCSW, will share information on the different types of home care and which levels of care are licensed and regulated in Arizona. Understanding these distinct differences will help participants select an in-home care provider that meets their needs while maintaining their personal safety.

Location: La Loma Village H&R

What's Keeping You Up at Night?

Wednesday, Dec. 14; 9:30 to 10:30 a.m.

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

Location: Grandview Terrace H&R

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Dec. 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

Can Food & Supplements Replace Your Medicine?

Thursday, Dec. 15; 9 to 10 a.m.

Hippocrates said, "Let food be thy medicine and medicine be thy food." Can changing dietary habits replace medicines in our lives? Joseph Maidl, PA-C, will discuss how food and supplements can be used to enhance health.

Location: PORA

PHYSICAL FITNESS

All Physical Fitness classes are held at:

Center for Health & Wellbeing

🕐 Chair Yoga

Mondays, Dec. 5, 12, 19; 8 to 9 a.m.

Wednesdays, Dec. 7, 14, 21, 28; 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, Dec. 5, 12, 19; 11 a.m. to noon

Wednesdays, Dec. 7, 14, 21, 28; 11 a.m. to noon

Fridays, Dec. 2, 9, 16, 23, 30; 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, Dec. 5, 12, 19; 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.

HEART HEALTH

Taking Care of Your Heart

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

Learn the importance of quick action from a cardiac arrest survivor. The Sun City Fire Department will be on hand to demonstrate hands-only CPR.

Location: Boswell/Juniper



TO REGISTER FOR CLASSES CALL 623-207-1703**\$ Strength Training for Health****Mondays, Dec. 5, 12, 19; 1 to 2 p.m.****Fridays, Dec. 2, 9, 16, 23, 30; 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, Dec. 7, 14, 21, 28; 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, Dec. 2, 9, 16, 23, 30; 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**

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.**

Thursday, Dec. 1; 8:30 a.m. to 12:30 p.m.*Location: Center for Health & Wellbeing***Thursday, Dec. 8; 8:30 a.m. to 12:30 p.m.***Location: Boswell/Juniper*

Changes Coming to Physical Fitness Classes in 2017

Sun Health is changing the format for fee-based exercise classes beginning in January 2017. Classes will be offered as an eight-class series and registration will cost \$40 or eight class credits for each series. You will no longer be able to register for individual classes. See the January *LiveWell* for more information.

HOW TO HAVE A HAPPY, HEALTHY HOLIDAY!

An Interactive Wellness Event

Thursday, Dec. 15**10 to 11 a.m.****OR****1 to 2:30 p.m.**

Join the Center for Health & Wellbeing team to learn festive ways to enjoy a healthy holiday season and eliminate post-holiday regret.

- Fun, healthy food demos
- Creative physical activities
- Stress reduction techniques
- Discounted rates on holiday gift certificates for those who attend
- Special gift just for attending

**Registration is required as space is limited!
Call 623-207-1703 to register.**



December Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri

**REGISTRATION REQUIRED FOR MOST CLASSES
CLICK OR CALL TODAY!**



Register online
Sunhealthwellbeing.org
and click "Education"



Register by phone
623-207-1703
**except where noted*

1

- AARP Smart Driver; 8:30 a.m. to 12:30 p.m.

2

- Strength Training; 8 to 9 a.m.
- Yogalates; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon

5

- Chair Yoga; 8 to 9 a.m.
- Understanding A-Fib & Treatment Options; 9:30 to 10:30 a.m.
- Yoga for Optimal Health; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Grief and Loss Recovery; 1 to 2 p.m.
- Strength Training; 1 to 2 p.m.

6

- Take a Tour; 11 a.m. to noon

7

- Chair Yoga; 8 to 9 a.m.
- Are You Losing Your Mind; 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 Support Group; 3 to 4 p.m.

8

- AARP Smart Driver; 8:30 a.m. to 12:30 p.m.
- Is Bariatric Surgery for You; 9:30 to 10:30 a.m.

9

- Strength Training; 8 to 9 a.m.
- Yogalates; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon

12

- Chair Yoga; 8 to 9 a.m.
- Yoga for Optimal Health; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Strength Training for Health; 1 to 2 p.m.

13

- Taking Care of Your Heart; 9:30 to 10:30 a.m.
- Assuring Safe In-Home Care; 1 to 2 p.m.

14

- Chair Yoga; 8 to 9 a.m.
- Yoga for Relaxation; 9:30 to 10:30 a.m.
- What's Keeping You Up; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.

15

- Food & Supplements; 9 to 10 a.m.
- Happy, Healthy Holiday; 10 to 11:30 a.m. & 1 to 2:30 p.m.

16

- Strength Training; 8 to 9 a.m.
- Yogalates; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon

19

- Chair Yoga; 8 to 9 a.m.
- Yoga for Optimal Health; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Strength Training; 1 to 2 p.m.
- Diabetes Support Group; 3 to 4 p.m.

20

- 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.
- Dementia Support Group; 3 to 4 p.m.

22

- Strength Training; 8 to 9 a.m.
- Yogalates; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon

23

26

Happy Holidays!
**Sun Health
Offices Closed**



27

- 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.

28

29

30

- Strength Training; 8 to 9 a.m.
- Yogalates; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon