

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

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 Del E. Webb Medical Center Auditorium
14502 W. Meeker Blvd, Sun City West, AZ 85375, use the Louisa Kellam Center for Women's Health entrance.

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

Boswell/Memorial Hall East - Banner Boswell Medical Center, Support Services Memorial Hall East, 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

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

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

The Colonnade - 19116 Colonnade Way, Surprise

BRAIN HEALTH

Good News in Alzheimer's Research

Dr. Edward Zamrini from the Banner Sun Health Research Institute shares why now is a new era of Alzheimer's disease treatment and care. Learn about some of the most exciting advances happening right here in Arizona.

Thursday, Jan. 19; 9:30 to 11 a.m.

Location: Grandview Terrace H&R

Tuesday, Jan. 31; 9:30 to 11 a.m.

Location: The Colonnade

BONE & JOINT HEALTH

Arthritis – No Bones About It!

Wednesday, Jan. 11; 9:30 to 10:30 a.m.

Join Sam George, physical therapist at Banner Del E. Webb Medical Center, as he discusses bone health, causes of arthritis and exercises for those who suffer from this condition.

Location: Grandview Terrace H&R

DIABETES CARE

Diabetes Prevention (Prediabetes) Program

A 16-week National Diabetes Prevention Program followed by six 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. **Please call 623-832-WELL (9355) to register and inquire about the cost.**

Starts Wednesday, Jan. 25;

1:30 to 2:30 p.m.; La Loma Village H&R

Starts Thursday, Jan. 26;

9 to 10 a.m.; Center for Health & Wellbeing

1:30 to 2:30 p.m.; Boswell/Memorial Hall East

Diabetes Connection Support Group

Monday, Jan. 16; 3 to 4 p.m.

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

Location: Center for Health & Wellbeing

💰 Diabetes Self-Management Education

This five-week course provides the guidance needed to help prevent 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 insurance and requires a physician referral. Register at least one week prior to the start of the series.**

Starts Tuesday, Jan. 17;

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

Starts Wednesday, Jan 18;

9 to 11 a.m.; La Loma Village H&R

HEALTH & WELLBEING

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

Tuesday, Jan. 10; 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

The 4-D Method to Set Goals in 2017

Tuesday, Jan. 17; 6 to 7 p.m.

Did you set a New Year's resolution to improve your health and wellbeing? Unfortunately, statistics show that a small number of people actually stick to them. Join us as we focus on the "Four-Ds," (creating Dreams, Designing goals, anticipating Difficulties, be Delighted with progress) to set goals for 2017, and successfully carry them out.

Location: Litchfield Park Library

Maintaining Quality of Vision and Quality of Life

Monday, Jan. 23; 1 to 2:30 p.m.

Arizona Eye Institute's Dr. Eugene Shifrin explains what happens to our eyes as we age, and how we can proactively maintain our vision health. Dr. Shifrin will touch on macular degeneration, glaucoma, cataracts, vision impairment from drooping eyelids, as well as dry eye, floaters and routine eye care.

Location: Faith Presbyterian Church

💰 Grief & Loss Eight-Week Series

Tuesdays, starting Jan.24; 9:30 to 10:30 a.m.

The Grief Recovery Method® Outreach Program taught by Rev. David Klumpenhower from Sun Health Senior Living makes it possible to move on after loss, while also providing partnerships and guidance to support a person during the process. **Book purchase is required for \$10, payable by check only.** Please bring check payable to Sun Health to the session.

Location: Grandview Terrace H&R

Advance Directives Workshop – Preparing for the End of Life

Thursday, Jan. 26; 9 to 11:15 a.m.

Dr. Jeffrey Ronn, pulmonologist, discusses end-of-life decisions and ways to have control of your personal health care. Get answers to your questions, obtain assistance with completing your own advanced directives paperwork and receive a File of Life/Vial of Life to ensure that your wishes are known during an emergency.

Location: Banner Del E. Webb Medical Center Auditorium

HEART HEALTH

Taking Care of Your Heart

Tuesday, Jan. 10; 9:30 to 10:30 a.m.

Dr. Mohamed Gaballa, director of Cardiac Stem Cell Program and principal investigator for cardiac stem cell research funded by the NIH and Sun Health Foundation, will be presenting on cardiovascular stem cells.

Location: Boswell/Juniper

MEMORY CARE**Dementia Caregiver Support Group**
Wednesdays, Jan. 4 & 18; 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**\$ "Weigh" to Go! Weight Loss Series**

Fridays starting, Jan. 13; 8:30 to 10 a.m. or 1:30 to 3 p.m.

This 12-week interactive series is designed to help you safely lose and maintain weight through proven methods including healthy eating, increased activity and behavior modification. The series is taught by Susan Welter and Tracy Garrett, registered dietitians, and Rhonda Zonoozi, exercise physiologist and certified health coach. **Call 623-832-WELL (9355) to register for this series and inquire about cost.**

Location: Center for Health & Wellbeing

PHYSICAL FITNESS

All Physical Fitness classes are held at:

Center for Health & Wellbeing

Note: Beginning in January 2017, physical fitness classes will be offered in eight-class series. Registration will be taken for series, not for individual classes. Each series will be \$40 or eight-class credits. Class fees are nonrefundable (unless the class is cancelled).

\$ Chair Yoga

Mondays – 8 to 9 a.m.; Series CY1: Jan. 9, 16, 23, 30; Feb. 6, 13, 20 & 27

Wednesdays – 8 to 9 a.m.; Series CY2: Jan. 4, 11, 18, 25; Feb. 1, 8, 15 & 22

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

\$ Tai Chi

Mondays – 11 a.m. to noon; Series TC1: Jan. 9, 16, 23, 30; Feb. 6, 13, 20 & 27

Wednesdays – 11 a.m. to noon; Series TC2: Jan. 4, 11, 18, 25; Feb. 1, 8, 15 & 22

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 – 9:30 to 10:30 a.m.; Series YO1: Jan. 9, 16, 23, 30; Feb. 6, 13, 20 & 27

Yoga helps you move easier, improve flexibility, build strength and reduce stress. **Participants must be able to stand independently and to safely get up and down from the floor unassisted.** Bring a mat or towel.

\$ Strength Training for Health

Mondays – 1 to 2 p.m.; Series ST1: Jan. 9, 16; 23, 30; Feb. 6, 13, 20 & 27

Fridays – 11 a.m. to noon; Series ST2: Jan. 6, 13, 20, 27; Feb. 3, 10, 17 & 24

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 – 9:30 to 10:30 a.m.; Series YR1: Jan. 4, 11, 18, 25; Feb. 1, 8, 15 & 22

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 and Strength Training**

Wednesdays, starting Jan. 18; 1:30 to 2:30 p.m. or 3:30 to 4:30 p.m.

This eight-week series emphasizes balance exercises, along with leg and core strength training, in a group setting. Home exercises will be provided. **Participants must be able to stand without assistance.** Rhonda Zonoozi, exercise physiologist, will be the instructor. **Call 623-832-WELL (9355) to register and inquire about cost.**

Location: Center for Health & Wellbeing

\$ A Matter of Balance

Mondays, starting Jan. 30; 9 to 11 a.m.

This eight-week evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults. A Matter of Balance includes a variety of activities such as group discussion, problem solving, skill building, assertiveness training and sharing practical solutions in a small-group setting.

Location: The Colonnade

January Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><i>Happy New Year!</i></p> <p>Sun Health Offices Closed</p>	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> • Chair Yoga (CY2); 8 to 9 a.m. • Yoga-Relaxation (YR1); 9:30 to 10:30 a.m. • Tai Chi (TC2); 11 a.m. to noon • Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>5</p>	<p>6</p> <ul style="list-style-type: none"> • Strength Training (ST2); 11 a.m. to noon
<p>9</p> <ul style="list-style-type: none"> • Chair Yoga (CY1); 8 to 9 a.m. • Yoga-Optimal Health (YO1); 9:30 to 10:30 a.m. • Tai Chi (TC1); 11 a.m. to noon • Strength Training (ST1); 1 to 2 p.m. 	<p>10</p> <ul style="list-style-type: none"> • Taking Care of Your Heart; 9:30 to 10:30 a.m. • Take a Tour of CHW; 11 a.m. to noon 	<p>11</p> <ul style="list-style-type: none"> • Chair Yoga (CY2); 8 to 9 a.m. • Yoga-Relaxation (YR1); 9:30 to 10:30 a.m. • Arthritis; 9:30 to 10:30 a.m. • Tai Chi (TC2); 11 a.m. to noon 	<p>12</p>	<p>13</p> <ul style="list-style-type: none"> • "Weigh" to Go; 8:30 to 10 a.m. (1 of 12) • Strength Training (ST2); 11 a.m. to noon • "Weigh" to Go; 1:30 to 3 p.m. (1 of 12)
<p>16</p> <ul style="list-style-type: none"> • Chair Yoga (CY1); 8 to 9 a.m. • Yoga-Optimal Health (YO1); 9:30 to 10:30 a.m. • Tai Chi (TC1); 11 a.m. to noon • Strength Training (ST1); 1 to 2 p.m. • Diabetes Support Group; 3 to 4 p.m. 	<p>17</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (1 of 5) • Diabetes Self-Management; 2 to 4 p.m. (1 of 5) • 4-D Method to Set Goals; 6 to 7 p.m. 	<p>18</p> <ul style="list-style-type: none"> • Chair Yoga (CY2); 8 to 9 a.m. • Yoga-Relaxation (YR1); 9:30 to 10:30 a.m. • Diabetes Self-Management; 9 to 11 a.m. (1 of 5) • Tai Chi (TC2); 11 a.m. to noon • Balance & Strength; 1:30 to 2:30 p.m. (1 of 8) • Dementia Caregiver Support Group; 3 to 4 p.m. • Balance & Strength; 3:30 to 4:30 p.m. (1 of 8) 	<p>19</p> <ul style="list-style-type: none"> • Good News/Alzheimer's; 9:30 to 11 a.m. 	<p>20</p> <ul style="list-style-type: none"> • "Weigh" to Go; 8:30 to 10 a.m. (2 of 12) • Strength Training (ST2); 11 a.m. to noon • "Weigh" to Go; 1:30 to 3 p.m. (2 of 12)
<p>23</p> <ul style="list-style-type: none"> • Chair Yoga (CY1); 8 to 9 a.m. • Yoga-Optimal Health (YO1); 9:30 to 10:30 a.m. • Tai Chi (TC1); 11 a.m. to noon • Strength Training (ST1); 1 to 2 p.m. • Maintaining Vision; 1 to 2:30 p.m. 	<p>24</p> <ul style="list-style-type: none"> • Diabetes Self-Management; 9:30 to 11:30 a.m. (2 of 5) • Grief & Loss; 9:30 to 10:30 a.m. (1 of 8) • Diabetes Self-Management; 2 to 4 p.m. (2 of 5) 	<p>25</p> <ul style="list-style-type: none"> • Chair Yoga (CY2); 8 to 9 a.m. • Yoga-Relaxation (YR1); 9:30 to 10:30 a.m. • Diabetes Self-Management; 9 to 11 a.m. (2 of 5) • Tai Chi (TC2); 11 a.m. to noon • Diabetes Prevention; 1:30 to 2:30 p.m. (1 of 16) • Balance & Strength; 1:30 to 2:30 p.m. or 3:30 to 4:30 p.m. (2 of 8) 	<p>26</p> <ul style="list-style-type: none"> • Advanced Directives; 9 to 11:15 a.m. • Diabetes Prevention; 9 to 10 a.m. (1 of 16) • Diabetes Prevention; 1:30 to 2:30 p.m. (1 of 16) 	<p>27</p> <ul style="list-style-type: none"> • "Weigh" to Go; 8:30 to 10 a.m. (3 of 12) • Strength Training (ST2); 11 a.m. to noon • "Weigh" to Go; 1:30 to 3 p.m. (3 of 12)
<p>30</p> <ul style="list-style-type: none"> • Chair Yoga (CY1); 8 to 9 a.m. • Matter of Balance; 9 to 11 a.m. (1 of 8) • Yoga-Optimal Health (YO1); 9:30 to 10:30 a.m. • Tai Chi (TC1); 11 a.m. to noon • Strength Training (ST1); 1 to 2 p.m. 	<p>31</p> <ul style="list-style-type: none"> • Good News-Alzheimer's Research; 9:30 to 11 a.m. • Diabetes Self-Management; 9:30 to 11:30 a.m. (3 of 5) • Grief & Loss; 9:30 to 10:30 a.m. (2 of 8) • Diabetes Self-Management; 2 to 4 p.m. (3 of 5) 	<p>REGISTRATION REQUIRED FOR MOST CLASSES</p> <p>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>		