

## Classes & Events

**REGISTRATION REQUIRED!**  
**SPACE IS LIMITED, SO REGISTER EARLY.**

 **Register online**

Visit [sunhealthcommunityeducation.org](http://sunhealthcommunityeducation.org)

 **Register by phone Starting June 20!**

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/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 #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 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

**Sun Valley Lodge** — 12415 N. 103rd Ave., Sun City

**The Colonnade** — 19116 Colonnade Way, Surprise

### BRAIN HEALTH

**Ways to Love Your Brain**

**Thursday, Jul. 27; 10 to 11 a.m.**

Brain health is important at any age. Join Michelle Toft, MSW, to discover ways to maintain healthy memory, identify signs of potential dementia, and walk away with helpful ideas to love your brain!

*Location: La Loma Village H&R*

### CANCER CARE

**Healthy Meal Prep for Cancer**

**Fridays, Jul. 7 and 21; 10 to 11 a.m.**

Focusing on Dairy Alternatives (7/7) and Fiber Fuel (7/21), 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*

**Prevention & Detection of Skin Cancer**

**Tuesday, Jul. 11; 9:30 to 10:30 a.m.**

Devon Updegraff, PA-C, will advise you on how to prevent and detect skin cancer.

*Location: Sun Valley Lodge*

**Skin Cancer: A Primary Care Perspective**

**Wednesday, Jul. 19; 9:30 to 10:30 a.m.**

Board-Certified Internist Dr. Robert West, from Arrowhead Health Centers, will cover types of skin cancer and treatment options upon diagnosis. **NOTE: Dr. West is interviewed about skin cancer on Page 10.**

*Location: The Colonnade*

**Traditional Chinese Medicine: Addressing the Side Effects of Cancer**

**Wednesday, Jul. 12; 9:30 to 10:30 a.m.**

JoDee Chenaur, LAc, with Sun Health Center for Health & Wellbeing, teaches alternative methods to counteract unpleasant side effects of cancer treatment by using acupuncture, herbs, meditation and movement therapy.

*Location: Grandview Terrace H&R*

## HEALTH & WELLBEING

### **This is Only a Test...a Senior Fitness Test!**

**Thursday, Jul. 13; 1:30 to 2:30 p.m.**

The Senior Fitness Test™ was designed to assess functional fitness - the physical ability to perform normal everyday activities safely and independently. Join Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to learn more about what is included in the actual test and how you can sign up for it in the future.

*Location: The Colonnade*

### **Common Colorectal Problems**

**Friday, Jul. 14; 11 a.m. to noon**

Sushil Raj Pandey, MD, will share his experiences with colorectal disease, ranging from simple hemorrhoids to cancer. Due to social stigma, some patients seek help late in the disease process.

*Location: La Loma Village H&R*

### **Chronic Kidney Disease: Recognition & Management**

**Tuesday, Jul. 18; 1:30 to 2:30 p.m.**

Mandeep Sahani, MD, discusses kidney disease including what questions to ask your physician, stages, signs and symptoms as well as treatment and timely intervention.

*Location: La Loma Village – MPR*

### **Wounds, Bandages & Dressings**

**Thursday, Jul. 20; 9:30 to 10:30 a.m.**

What happens when you have a wound? Thares Udupa, DPM, explains wound treatments and how to promote wound healing.

*Location: PORA*

### **Who or What is Pushing Your Buttons?**

**Monday, Jul. 24; 1 to 2 p.m.**

Kaye Bahr, mind-body wellness practitioner, uses guided imagery to reframe your thoughts and beliefs around stress, while promoting understanding of how it affects your life and health.

*Location: Faith Presbyterian Church*

### **The Secrets of Optimal Aging**

**Wednesday, Jul. 26; 9:30 to 10:30 a.m.**

Kathy O'Connor, MS, outreach/program manager at Banner Sun Health Research Institute, shares secrets to longer and healthier living and discusses the Center for Health Aging Longevity Study and how you can get involved.

*Location: Banner Boswell/Juniper Conf. Room*

### **What's Holding You Down?**

**Friday, Jul. 28; 9:30 to 10:30 a.m.**

Ever packed for a trip and realized you had way more than you needed to take along? Planning for life's next act is very similar. Facilitator Linda Burridge, a certified professional coach, guides you through ways to unclutter your life and pack the bag you need to get started on your life's next adventure.

*Location: The Colonnade*

## MEMORY CARE

### **Dementia Caregiver Support Group**

**Wednesdays, Jul. 5 & 19; 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

### **Functional Eating for Fabulous Skin**

**Tuesday, Jul. 25; 9:30 to 10:30 a.m.**

Your skin is your largest organ. What we put on our plates has an impact on the health and appearance of the skin. Join Sun Health's Registered Dietitian Nutritionist Tracy Garrett as she discusses ways to improve your skin, one bite at a time.

*Location: Grandview Terrace H&R*

## 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

**Mondays – 8 to 9 a.m.; Series CY7:**

**Jul. 10, 17, 24, 31; Aug. 7, 14, 21 & 28**

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

### 📍 Yoga for Optimal Health

**Mondays – 9:30 to 10:30 a.m.; Series YO4:**

**Jul. 10, 17, 24, 31; Aug. 7, 14, 21 & 28**

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.**

### 📍 Tai Chi

**Mondays – 11 a.m. to noon; Series TC7:**

**Jul. 10, 17, 24, 31; Aug. 7, 14, 21 & 28**

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

**Mondays – 1 to 2 p.m.; Series ST7:**

**Jul. 10, 17, 24, 31; Aug. 7, 14, 21 & 28**

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



## Need a Ride?

Northwest Valley Connect is available

[northwestvalleyconnect.org](http://northwestvalleyconnect.org) • (623) 282-9300

## PLAN AHEAD FOR THESE EDUCATIONAL SERIES BY REGISTERING NOW!

### 📍 Diabetes Self-Management Education/Training

This accredited 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 Medicare and most insurance providers, and requires a physician referral. Register at least one week prior to the start of the series.

#### Tuesday, Aug. 1

Center for Health & Wellbeing; 9:30 to 11:30 a.m.  
Banner Boswell/Juniper Room; 1:30 to 3:30 p.m.

#### Wednesday, Aug. 2

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

### 📍 NDPP

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

#### Thursday, Aug 31

Center for Health & Wellbeing; 11 a.m. to noon  
Banner Boswell/Ponderosa Room; 1:30 to 2:30 p.m.

# July Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p><b>3</b></p> <p><b>OFFICES CLOSED</b></p> 	<p><b>4</b></p> <p><b>OFFICES CLOSED</b></p> 	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Dementia Support Group; 3 to 4 p.m.</li> </ul>	<p><b>6</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Healthy Meal Prep for Cancer; 10 to 11 a.m.</li> </ul>
<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga (CY7); 8 to 9 a.m.</li> <li>• Yoga for Optimal Health (YO4); 9:30 to 10:30 a.m.</li> <li>• Tai Chi (TC7); 11 a.m. to noon</li> <li>• Strength Training for Health (ST7); 1 to 2 p.m.</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Prevention and Detection of Skin Cancer; 9:30 to 10:30 a.m.</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Traditional Chinese Medicine; 9:30 to 10:30 a.m.</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• This is Only a Test; 1:30 to 2:30 p.m.</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Common Colorectal Problems; 11 a.m. to noon</li> </ul>
<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga (CY7); 8 to 9 a.m.</li> <li>• Yoga for Optimal Health (YO4); 9:30 to 10:30 a.m.</li> <li>• Tai Chi (TC7); 11 a.m. to noon</li> <li>• Strength Training for Health (ST7); 1 to 2 p.m.</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Chronic Kidney Disease; 1:30 to 2:30 p.m.</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Skin Cancer; 9:30 to 10:30 a.m.</li> <li>• Dementia Support Group; 3 to 4 p.m.</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Wounds, Bandages &amp; Dressings; 9:30 to 10:30 a.m.</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Healthy Meal Prep for Cancer; 10 to 11 a.m.</li> </ul>
<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga (CY7); 8 to 9 a.m.</li> <li>• Yoga for Optimal Health (YO4); 9:30 to 10:30 a.m.</li> <li>• Tai Chi (TC7); 11 a.m. to noon</li> <li>• Strength Training for Health (ST7); 1 to 2 p.m.</li> <li>• Who or What is Pushing Your Buttons; 1 to 2 p.m.</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Functional Eating for Fabulous Skin; 9:30 to 10:30 a.m.</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• The Secrets of Optimal Aging; 9:30 to 10:30 a.m.</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Ways to Love Your Brain; 10 to 11 a.m.</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• What's Holding You Down?; 9:30 to 10:30 a.m.</li> </ul>
<p><b>31</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga (CY7); 8 to 9 a.m.</li> <li>• Yoga for Optimal Health (YO4); 9:30 to 10:30 a.m.</li> <li>• Tai Chi (TC7); 11 a.m. to noon</li> <li>• Strength Training for Health (ST7); 1 to 2 p.m.</li> </ul>	<p><b>REGISTRATION REQUIRED FOR MOST CLASSES</b></p> <p><b>CLICK OR CALL TO REGISTER TODAY</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Register online</b></p> <p><a href="http://sunhealthcommunityeducation.org">sunhealthcommunityeducation.org</a></p> </div> <div style="text-align: center;">  <p><b>Register by phone</b></p> <p><b>623-207-1703</b></p> <p><i>*except where noted</i></p> </div> </div>			