

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, use the Louisa Kellam Center for Women's Health entrance.

Banner Estrella Medical Center/Conference Room 3
9201 W Thomas Rd, Phoenix

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

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

Litchfield Park Library - 101 W. Wigwam 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

Your Brain, Your Gut

Monday, Mar. 6; 9:30 to 10:30 a.m.

Timothy Gerhert, DC, author of "Change Your Brain, Transform Your Life," teaches daily practices to optimize brain health as well as enjoy metabolism, nutrition, sleep and physical activity.

Location: The Colonnade

Are You Losing Your Mind or Are You Normal?

Thursday, Mar. 23; 10:15 to 11:15 a.m.

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

Location: Banner Del E. Webb Medical Center Auditorium

CANCER CARE

Healthy Meal Prep for Cancer

Friday, Mar. 3 or 17; 10 to 11 a.m.

Learn how to create easy and affordable dishes packed with antioxidants and flavor while staying on a budget. Open to cancer survivors, family and friends. In partnership with Cancer Support Community Arizona.

Location: Center for Health & Wellbeing

DIABETES CARE

Diabetes Connection Support Group

Monday, Mar. 20; 3 to 4 p.m.

This monthly group is for individuals who have diabetes or prediabetes. Our topic is "Spring into Action & Bring Spring to Your Plate." **Registration is not required.**

Location: Center for Health & Wellbeing



💰 **Diabetes Self-Management Education**

This five-week course, taught by certified diabetes educators, provides the guidance needed to help prevent diabetic complications and improve overall health. **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 by Feb. 22.**

Starts Wednesday, Mar. 1;

- **9:30 to 11:30 a.m.;** Banner Estrella Medical Center/Conf. Rm. 3
- **2 to 4 p.m.;** Sun Valley Lodge

💰 **Diabetes Prevention (Prediabetes) Program**

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. **Call 623-832-WELL (9355) to register and inquire about the cost.**

Starts Thursday, Mar. 16;

- **11 a.m. to noon;** Center for Health & Wellbeing
- **3:30 to 4:30 p.m.;** Boswell/Memorial Hall East

HEALTH & WELLBEING

Life Reimagined®: Discover Your Life's Possibilities

Life Reimagined® introduces a powerful step-by-step approach to help you discover possibilities, prepare for change and make your ideas real—whether you're focused on work, health, relationships, or finally pursuing your passion.

Thursday, Mar. 2; 9:30 to 11 a.m.

Location: La Loma Village H&R

Tuesday, Mar. 28; 9:30 to 11 a.m.

Location: Grandview Terrace H&R

Not 'Kidney Around': Nutrition for Renal Health

Tuesday, Mar. 7; 9:30 to 10:30 a.m.

Ashish Sachdeva, MD, discusses nutritional pathways that keep our kidneys functioning at their optimal level.

Location: Sun Valley Lodge

Bladder Drop

Thursday, Mar. 23; 9 to 10 a.m.

Join gynecologist Afshin Malaki, MD, to review surgical and non-surgical treatment options for bladder drop.

Location: Banner Del E. Webb Medical Center Auditorium

Health & Wellbeing Expo: Heart Health

Thursday, Mar. 9; 8:30 a.m. to 1:30 p.m.

Join the professionals from Sun Health and Banner Del E. Webb Medical Center for "A Focus on Heart Disease." This event will feature multiple speakers and vendors to help you enhance your heart health.

Location: Banner Del E. Webb Medical Center Auditorium

Blood Pressure Checks

Retired nurse volunteers are on site to check your blood pressure and answer any questions you may have.

Registration is not required.

Friday, Mar. 10; 10 a.m. to noon

Wednesday, Mar. 15; 2 to 4 p.m.

Location: Center for Health & Wellbeing

The Mind-Body Connection

Tuesday, Mar. 21; 6 to 7 p.m.

Join meditation expert Sue Witter as she explains the mind-body connection, its role in illness and recovery, and techniques to improve resiliency.

Location: Litchfield Park Library

Don't Become a Victim of Popular Scams

Monday, Mar. 27; 1 to 2 p.m.

Lew Lancaster, Sun Health Foundation board member, shares information on scams aimed at seniors and how to avoid becoming a victim.

Location: Faith Presbyterian Church

HEART HEALTH

Taking Care of Your Heart

Tuesday, Mar. 14; 9:30 to 10:30 a.m.

Dr. Joanne Ceimo, associate program director, Boswell Geriatric Medicine, will discuss "Everything You Ever Wanted to Know about Your Heart...but Didn't Have Time to Ask Your Cardiologist."

Location: Boswell/Memorial Hall West

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Mar. 1 & 15; 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

Denial: Why Your Loved One Doesn't Understand**Friday, Mar. 10; 10:30 a.m. to noon**

Lori Nisson, MSW, LCSW, from Banner Alzheimer's Institute, discusses why families often think their loved one is in denial about their dementia diagnosis. Learn the difference between denial and lack of insight and how to avoid confrontation.

Location: La Loma Village H&R

Yoga for Optimal Health**Mondays – 9:30 to 10:30 a.m.; Series YO2: Mar. 6, 13, 20, 27; Apr. 3, 10, 17 & 24**

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 ST3: Mar. 6, 13, 20, 27; Apr. 3, 10, 17 & 24****Fridays – 11 a.m. to noon; Series ST4: Mar. 3, 10, 17, 24, 31; Apr. 7, 14 & 21**

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

Yoga for Relaxation**Wednesdays – 9:30 to 10:30 a.m.; Series YR2: Mar. 1, 8, 15, 22, 29; Apr. 5, 12 & 19**

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.

NUTRITION**Improve Your Kidney and Heart Health:
Change Your Salty Ways****Monday, Mar. 20; 10:30 to 11:30 a.m. or 1:30 to 2:30 p.m.**

If you have kidney or heart disease, you have likely been told to reduce your sodium intake. Join our registered dietitian nutritionist for a discussion about practical ways to reduce sodium and sample how delicious low sodium foods can taste.

Location: Center for Health & Wellbeing, Betty's Kitchen

PHYSICAL FITNESS

All classes held at Center for Health & Wellbeing

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

Chair Yoga**Mondays – 8 to 9 a.m.; Series CY3: Mar. 6, 13, 20, 27; Apr. 3, 10, 17 & 24****Wednesdays – 8 to 9 a.m.; Series CY4: Mar. 1, 8, 15, 22, 29; Apr. 5, 12 & 19**

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 TC3: Mar. 6, 13, 20, 27; Apr. 3, 10, 17 & 24****Wednesdays – 11 a.m. to noon; Series TC4: Mar. 1, 8, 15, 22, 29; Apr. 5, 12 & 19**

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

SAFETY**AARP Smart Driver™ Course****Friday, Mar. 31; 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. **Pre-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 H&R

Balance & Strength Training**Wednesdays, starting Mar. 29; 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

**Great News - Scholarships Available For a Limited Time!**

Scholarships are available to individuals who meet qualifications for our various health and wellness programs through the generous support of the BHHS Legacy Foundation. **Call (623) 832-WELL (9355) for information.**

March 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" then
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Register by phone

623-207-1703

*except where noted

1

- Chair Yoga (**CY4**); 8 to 9 a.m.
- Diabetes Self-Management 9:30 to 11:30 a.m. (**1 of 5**)
- Yoga-Relaxation (**YR2**); 9:30 to 10:30 a.m.
- Tai Chi (**TC4**); 11 a.m. to noon
- Diabetes Self-Management; 2 to 4 p.m. (**1 of 5**)
- Dementia Caregiver Support; 3 to 4 p.m.

2

- Life Reimagined; 9:30 to 11 a.m.

3

- Healthy Meal Prep for Cancer; 10 to 11 a.m.
- Strength Training (**ST4**); 11 a.m. to noon

6

- Chair Yoga (**CY3**); 8 to 9 a.m.
- Yoga-Optimal Health (**Y02**); 9:30 to 10:30 a.m.
- Your Brain, Your Gut; 9:30 to 10:30 a.m.
- Tai Chi (**TC3**); 11 a.m. to noon
- Strength Training (**ST3**); 1 to 2 p.m.

7

- 'Not Kidney' Around; 9:30 to 10:30 a.m.

8

- Chair Yoga (**CY4**); 8 to 9 a.m.
- Diabetes Self-Management; 9:30 to 11:30 a.m. (**2 of 5**)
- Yoga-Relaxation (**YR2**); 9:30 to 10:30 a.m.
- Tai Chi (**TC4**); 11 a.m. to noon
- Diabetes Self-Management; 2 to 4 p.m. (**2 of 5**)

9

- Healthy Living Expo; 8:30 a.m. to 1:30 p.m.

10

- Blood Pressure Check; 10 a.m. to noon
- Denial: Understanding Your Loved One; 10:30 a.m. to noon
- Strength Training (**ST4**); 11 a.m. to noon

13

- Chair Yoga (**CY3**); 8 to 9 a.m.
- Yoga-Optimal Health (**Y02**); 9:30 to 10:30 a.m.
- Tai Chi (**TC3**); 11 a.m. to noon
- Strength Training (**ST3**); 1 to 2 p.m.

14

- Taking Care of Your Heart; 9:30 to 10:30 a.m.

15

- Chair Yoga (**CY4**); 8 to 9 a.m.
- Diabetes Self-Management; 9:30 to 11:30 a.m. (3 of 5)
- Yoga-Relaxation (**YR2**); 9:30 to 10:30 a.m.
- Tai Chi (**TC4**); 11 a.m. to noon
- Blood Pressure Check; 2 to 4 p.m.
- Diabetes Self-Management; 2 to 4 p.m. (**3 of 5**)
- Dementia Support Group; 3 or 4 p.m.

16

- Diabetes Prevention; 11 a.m. to noon (**1 of 16**)
- Diabetes Prevention; 3:30 to 4:30 p.m. (**1 of 16**)

17

- Healthy Meal Prep for Cancer; 10 to 11 a.m.
- Strength Training (**ST4**); 11 a.m. to noon

20

- Chair Yoga (**CY3**); 8 to 9 a.m.
- Yoga-Optimal Health (**Y02**); 9:30 to 10:30 a.m.
- Change Your Salty Ways; 10:30 to 11:30
- Tai Chi (**TC3**); 11 a.m. to noon
- Strength Training (**ST3**); 1 to 2 p.m.
- Change Your Salty Ways; 1:30 to 2:30 p.m.
- Diabetes Connection; 3 to 4 p.m.

21

- The Mind-Body Connection; 6 to 7 p.m.

22

- Chair Yoga (**CY4**); 8 to 9 a.m.
- Yoga-Relaxation (**YR2**); 9:30 to 10:30 a.m.
- Diabetes Self-Management; 9:30 to 11:30 a.m. (**4 of 5**)
- Tai Chi (**TC4**); 11 a.m. to noon
- Diabetes Self-Management; 2 to 4 p.m. (**4 of 5**)

23

- Bladder Drop; 9 to 10 a.m.
- Are You Losing Your Mind?; 10:15 to 11:15 a.m.
- Diabetes Prevention; 11 a.m. to noon (**2 of 16**)
- Diabetes Prevention; 3:30 to 4:30 p.m. (**2 of 16**)

24

- Strength Training (**ST4**); 11 a.m. to noon

27

- Chair Yoga (**CY3**); 8 to 9 a.m.
- Yoga-Optimal Health (**Y02**); 9:30 to 10:30 a.m.
- Tai Chi (**TC3**); 11 a.m. to noon
- Strength Training (**ST3**); 1 to 2 p.m.
- Don't Become a Victim; 1 to 2 p.m.

28

- Life Reimagined; 9:30 to 11 a.m.

29

- Chair Yoga (**CY4**); 8 to 9 a.m.
- Diabetes Self-Management; 9:30 to 11:30 a.m. (**5 of 5**)
- Yoga-Relaxation (**YR2**); 9:30 to 10:30 a.m.
- Tai Chi (**TC4**); 11 a.m. to noon
- Diabetes Self-Management; 9:30 to 11:30 a.m. or 2 to 4 p.m. (**5 of 5**)
- Balance & Strength; 1:30 to 2:30 p.m. or 3:30 to 4:30 p.m. (**1 of 8**)

30

- Diabetes Prevention; 11 a.m. to noon (**3 of 16**)
- Diabetes Prevention; 3:30 to 4:30 p.m. (**3 of 16**)

31

- AARP Smart Driver; 8:30 a.m. to 12:30 p.m.
- Strength Training (**ST4**); 11 a.m. to noon