



Summer Cooking

KEEPING THE KITCHEN COOL p2



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Summer Cooking

Keep Cool, and Cook with the Right Ingredients

By Rainey Daye Holloway

KEEPING THE KITCHEN COOL INSIDE WHILE OUTSIDE TEMPS HEAT UP

As the temperatures rise, the last thing you want to do is turn your oven on to 350°. *LiveWell Magazine* caught up with Sun Health's Grandview Terrace's Regional Executive Chef Tracey McCarthy (see feature story, "Sun Health Serves Up the Best" on page 4) for advice on how to avoid heating up the house this summer while eating delicious, easily prepared food all summer long.

THE SECRET TO BUYING THE BEST FRUIT

It's all about timing. If you want your oranges to taste sweet and juicy and you want your watermelon to be sweet, then make sure you are buying them when

they are in season. Chef Tracey explains why the phrase, "You can have your cake and eat it too" certainly doesn't work when it comes to buying fruit out of season.

"If you're buying berries in the middle of winter, you have to keep in mind that they are being shipped from another region where they can grow, so they are sitting on a truck, traveling a long way. Additionally, they are being pumped with preservatives, so that is going to impact the taste. There is a price to pay for being able to buy fruit any time of the year. It won't taste good. My advice – don't do it!"

SUMMER MUST HAVES ON HAND

Chef Tracey advises that preparing light and easy

summertime meals involves a little preparation and having some key foods on hand for easy cooking.

"First of all, I always advise having your proteins on hand. Before it heats up outside, grill up some chicken, shrimp or even your favorite fish. Then you can easily add one of these proteins to the foods below."

Also, if you have a pasta salad, mixed greens or vegetables, those items easily can be pulled from the refrigerator, and by adding already-prepared protein you have a quick and easy meal.

And remember, chicken and seafood are not the only foods that grill up nicely. You can try grilling watermelon or vegetables such as zucchini to add some new tastes to your summer menu.

Summer staples for your kitchen

- Tomatoes
- Basil
- Zucchini
- Blackberries, raspberries and blueberries
- Watermelon
- Seafood
- Pasta salads
- Potato salads
- Greens — to use with grilled chicken, seafood, shrimp

Want to get the best veggies around?

If you want the best vegetables year-round, shop at your local farmers market. The vegetables you see are locally grown on a nearby farm. As Chef Tracey says: “There is no better way to get vegetables at their peak, and even better you support local farmers and the local economy. A win-win for all of us.”

Who better than an executive chef to share their favorite summer recipes? Here is one from Chef Tracey's personal collection. You can add your favorite protein to each dish, making it the perfect light and easy summer meal.

VINE RIPE TOMATO AND BASIL SALAD

- 4 Vine ripe tomatoes
- 4 Basil leaves
- ½ Cup olive oil
- 2 Tbsp. balsamic vinegar
- ¼ Cup shredded parmesan cheese
- Salt and pepper to taste

1. Cut the tomatoes into 4 wedges, then cut the wedges in half and add to a bowl.
2. Cut the basil chiffonade style
3. Add vinegar and oil to tomatoes
4. Add cheese
5. Stir
6. Add basil and season with salt and pepper



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SunHealthWellness.org

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SUN HEALTH WELLNESS

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SUN HEALTH AT HOME

(623) 227-4663
SunHealthAtHome.org

SUN HEALTH COMMUNITIES

(623) 236-3767
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SUN HEALTH FOUNDATION

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Empowering people to enjoy living longer

What began over 50 years ago as a desire of a group of individuals to improve the health and wellbeing of their community has since prospered into a legacy of passion and giving.

Today, the Sun Health team champions superior health and wellbeing through philanthropy, inspired living and wellness programs. Our commitment begins with the heart-felt generosity of people like you who support the Sun Health Foundation through your time, talent, treasure and testimony.

CREATED FOR SUN HEALTH BY



Served By the Best

By Rainey Daye Holloway

Studies show that food goes beyond simply providing nutrition for our bodies. We discuss and compare foods. We identify foods with our cultures. Best of all, we share food and make a point of gathering around food with family and friends.

Sun Health truly has one of the best chefs in the entire country at the Sun Health Community of Grandview Terrace in Sun City West.

Tracey McCarthy, who shared all the wonderful tips and tools of the trades in our lead story recently was named the Outstanding Regional Culinarian of the Year by Morrison Living, which provides dining services to Sun Health.

Tracey was also recently promoted to a regional executive chef by Morrison Living. The designation is very special as Tracey is the only woman in Arizona, and one of three in the country, with this designation.



As a regional executive chef, Tracey is responsible for overseeing the creation of menus, purchasing, hiring and equipment. She says her favorite days working at Grandview Terrace are the ones when she gets to work with the team to create special memories.

“We get the opportunity to prepare special foods for anniversaries and be creative for birthdays. If a resident wants something special on their birthday, we will do it. It’s about

creating memories with food for our residents and families.”

Tracey is taking other Sun Health team members under her wing by serving as a mentor for the Culinary Advancement Training Series through the Culinary Institute of America. Two of her mentee’s are Grandview Terrace Sous Chef Leonel Orduno and La Loma Village Sous Chef Jose Lopez.

Once our sous chefs graduate from the year-long program they will be on track to become executive chefs.

Sun Health is proud of Tracey as well as Leonel and Jose as they continue their training.

LiveWell readers interested in learning more tips from Sun Health’s culinary teams are encouraged to email their questions or ideas to Marketing@SunHealth.org.



Your health and wellness can be something to smile about.

The Sun Health Center for Health & Wellbeing can help keep you healthy with evidence-based health and wellness services:



Nutritional Counseling

One-on-one sessions with a registered dietitian and certified diabetes educator for a variety of conditions. Covered by most insurance providers.



Weight Management Programs

Proven lifestyle education, exercise and coaching provided in a group setting by a registered dietitian and exercise physiologist/health coach.



Diabetes Prevention Program

Designed to help those with prediabetes make the necessary lifestyle changes to prevent or delay the onset of diabetes.



Diabetes Self-Management Education

Provides diabetic patients with the skills and confidence needed to successfully manage their disease. DSME is covered by most insurance providers.



For appointments and information:
SunHealthWellness.org or (623) 471-9355

Summer Exercise Safety

Simple Tips Include Hydration and Checking the Forecast

By Rainey Daye Holloway

Staying active and healthy safely in the summer heat brings its own challenges. Think of your body as a car.

If you don't keep your car's radiator hydrated in the summer, your car will overheat, which will eventually prevent it from running. It can also seriously damage your engine.



The same goes for our bodies. Alex Stark, wellness specialist for Sun Health's Center for Health & Wellbeing, explains what can happen if you are not prepared for Arizona's high temperatures while exercising.

"When we are exercising, we are delivering blood and nutrients to our bodies. High temperatures put stress on our bodies, which are designed to avoid overheating, just like a car," Alex says.

"Our bodies do not want to overheat, so that blood and nutrients get diverted away from our muscles providing fewer resources for the body to perform well in the moment. It can go downhill from there."

You can stay active during the summer heat as long as you properly prepare. And, here's the

good news - the steps are simple.

Step one is to check the weather, paying attention to the temperature when you plan to finish, not when you start exercising. This is especially important for those who like to golf. As Alex points out, "It may be only in the 90s when you start your game, but if you finish and it's 110 that can be dangerous."

Alex also says as temperatures increase you should reduce your exercise until your body adapts. As your body gets used to warmer weather, it can handle more — but be more cautious and start slowly.

Always check with your doctor first and also be careful with sports drinks. It is okay to supplement water intake with





the occasional sports drink, but water is always best.

It is also important to know that drinking water is not just for when you begin exercising. Thinking back to the car, it is not safe to remove the radiator cap while the engine is hot. Making sure you are hydrated before you start and then drinking water regularly throughout your activities to stay hydrated is the best way to avoid overheating.

Finally, dress for the occasion. As temperatures climb, wear loose fitting, lightweight and light-colored clothing, which allows your body to sweat because light colors do not hold heat. Darker colors do the opposite, so go for “light and loose” when heading outside in the heat.

Common Warning Signs You May Be Overheated— From the Experts at Sun Health Center for Health & Wellbeing

Heat Cramps:

If you suddenly have painful muscle tightening out of the blue, your body could be telling you it's starting to overheat.

Heat Syncope:

If you start to feel light headed or faint, it's time to stop, get a drink of water and find a cool place to rest while your body recovers.

Heat Stroke:

Think of heat stroke as the equivalent to your car's radiator being completely dry and overheating. Heat stroke is serious. If you've reached this level, your body is unable to produce sweat (the body's natural mechanism to cool down); you could have a dry mouth, confusion and compromised vision. If this happens, call 9-1-1 immediately.

Option for Staying Safe During the Summer Heat:

Sun Health's Center for Health & Wellbeing offers classes online and in-person indoors. Check out class times at SunHealthWellness.org. If those options do not fit into your schedule, Sun Health's LiveWell Learning offers convenient exercise and health classes available on-demand for a low fee. Visit LiveWellLearning.org to learn more.



Boning up on Bone Health

By Rainey Daye Holloway

Our bones are truly the backbone of all we do. Without healthy bones, we can easily wind up at the doctor's office or in surgery to repair an injury. Statistics show that someone in the U.S. will fracture a bone every 3 seconds.

Yet the good news is, there are steps you can take to keep healthy. P. Dean Cummings, M.D.,

a Banner Health orthopedic surgeon, and expert in bone health and preventing injuries, offers the following list of important to-dos for all ages.

1 Get enough vitamin D. As Dr. Cummings points out, we live in a sun-drenched area, but due to skin cancer concerns, we put on sunscreen that blocks

this important nutrient from the sun. He recommends asking your primary care physician about supplements.

2 A well-balanced diet. Making sure you get enough calcium is key because calcium builds up bones when younger and keeps them strong as we age. It is important to include dairy

Exercise is Key to Healthy Bones

The National Institutes of Health (NIH) remind us that like muscle, bone is living tissue that responds to exercise by becoming stronger. Exercising can also help us maintain muscle strength that in turn helps to prevent falls and related fractures.

"Our bones and joints allow us to move, and so it is important for us to move and be active to keep them healthy," explains Alex Stark, M.S., Sun Health Wellness Specialist. "Resistance training is a key component — making sure to include weight-bearing activities. If you have discomfort in your joints, start with low-resistance activities like water exercise to strengthen your joints, but keep in mind your bone health will not improve much until you are able to incorporate resistance training."



Visit [SunHealthWellness.org](https://www.sunhealthwellness.org) for a list of exercise classes. If you are not sure which class might be best for you, email Wellbeing@SunHealth.org or call (623) 471-9355 for more information.



La Loma Village Lifestyle and Fitness Coordinator Darcy Andelin with resident Marty Lenthall

and calcium-rich vegetables. Visit SunHealth.org/bonehealth for Sun Health Registered Dietitian Melva Zerkoune's list of recommended foods for bone health.

3 Weight-bearing exercises and fall prevention. Not all exercise needs to be high-impact; instead choose ones that work to keep your muscles strong to prevent falling. Dr. Cummings recommends low-impact exercise such Tai Chi and yoga that focus on muscle strength and balance.

Visit SunHealthWellness.org for options you can do in-person or at home, as well as find information on fall prevention.

As Orthopedic Surgeon Marc Rosen, M.D. FAOA, points out, it is crucial to talk to your primary care physician before starting any exercise activity.

Dr. Rosen also is an advocate for patients not spending money unnecessarily.

"Back in the day, my best referral source for patients was Jane Fonda. Folks would start her program and be in my office the

next day. Do not start an exercise program without the advice of your doctor," Dr. Rosen advises. "Don't leap in if you have been told you need to lose weight. Talk to your doctor about doing what is comfortable. And you do not necessarily need exercise equipment; I might recommend a yoga mat and resistance bands. There is no need to tackle machinery or buy equipment that winds up at your next garage sale."

Please see additional advice from Dr. Rosen on page 10.

Don't Fall for It

Top Ortho Doc Wants to Keep You from Wasting Money

By Rainey Daye Holloway

“I’ve been practicing for 40 years and my patients who need hip or knee replacement always come in and want to avoid surgery, so they take it upon themselves to take the latest over-the-counter supplements or braces they’ve seen on TV,” orthopedic surgeon Marc Rosen, explains. “I want to help patients separate out what is a miracle cure versus what is founded in science. Folks living on limited budgets shouldn’t be spending money on what Joe Namath (former NFL star) says works on TV.”

Dr. Rosen invites you to his upcoming talk presented by the Sun Health’s Center for Health & Wellbeing called “Raisins and Gin: Arthritis Treatments of Yesterday and Today.”

And please check out our class calendar beginning on page 11 for information on all of the upcoming classes presented by the Sun Health Center for Health & Wellbeing in May and June.



Raisins and Gin? Arthritis Treatments Yesterday and Today

Friday, May 28 | 11:30 a.m. to 12:30 p.m.

One in three Americans will experience some form of knee pain in their life. Join Marc Rosen, MD, and Leslie Johnson, NP, to learn about what to avoid and what to embrace in the form of supplements, over-the-counter treatments, and to demystify the promotion of the latest “cures” on the internet and in consumer print media for bone health and arthritis. Registration is required, please see page 11.

Location: Zoom

Registration Opens April 13, 2021

BRAIN HEALTH



Stroke Awareness

Friday, May 7 | 11:30 a.m. to 12:30 p.m.

Strokes are the fifth-leading cause of death and disability in the U.S., but many strokes may be preventable. Join Banner Health's Stroke Medical Director Jeremy Payne, MD, to talk about stroke prevention, who's at risk, signs of a stroke, and a new technology that is improving stroke care delivery.

Location: Zoom



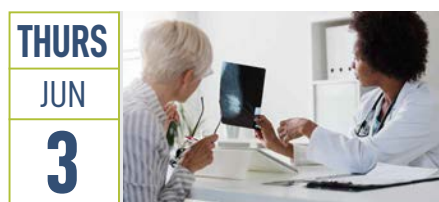
How To Stay A Friend To My Friend With Dementia

Monday, Jun. 28 | 9:30 to 10:30 a.m.

Maintaining a friendship with someone who has dementia can be challenging, especially for those unfamiliar with the condition. Sun Health Memory Care Navigator Marty Finley, MEd, will share tips on what to do and say to keep the friendship going.

Location: Zoom

CANCER CARE



Updates on Breast Cancer Treatments and Risk Factors

Thursday, Jun. 3 | 11:30 a.m. to 12:30 p.m.

Join Medical Hematologist and Oncologist Tania Cortes, MD, CPE, with Cancer and Blood Specialists of Arizona, to learn to learn advancements in treatments and risk factor identification in breast cancer.

Location: Zoom



Know your Risk—Updates on Cancer Screening Guidelines

Tuesday, Jun. 8 | 11:30 a.m. to 12:30 p.m.

Stay on top of recommended cancer screenings for your age, and learn how your genes can impact your cancer risk with Snehal Bhoola, MD, board-certified oncologist.

Location: Zoom

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Classes with this icon (**\$**) have an associated fee.

Due to COVID-19, Sun Health has opted to offer most of our classes online via Zoom. We offer small group sessions (15 or fewer) for physical fitness classes (page 15), as well as the Diabetes Prevention Program and the Diabetes Self-Management Education series (page 12) held in person at The Center for Health & Wellbeing.

 Register Online

Beginning April 13, 2021

SunHealthWellness.org

 Register By Phone

Beginning at 8:30 a.m. April 13, 2021

(623) 207-1703

except where noted

CLASS CALENDAR (continued)

To register, call (623) 207-1703
or visit SunHealthWellness.org

DIABETES

THURS	
MAY	
13	

Annual Diabetes Self-Management Education \$

Thursday, May 13 | 1 to 3 p.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's certified diabetes educators to learn how carbohydrates fit into your diabetes meal plan. This class will focus on a fit-all solution for everyone with diabetes. **Please call (623) 471-9355 to register. Fee covered by most insurance plans.**

Location: Zoom

MON	
May/June	
MULTI DATES	

Diabetes Connection Support Group

Mondays, May 17 & Jun. 21 | 3:30 to 4:30 p.m.

This monthly group is for individuals with diabetes to share and learn in pursuit of healthy living. **Registration is required for this support group.**

Location: Sun Health Center for Health and Wellness

THURS	
MAY	
27	

Diabetes Self-Management Education \$

Thursday, May 27 | 2 to 4 p.m.

This five-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by a registered dietitian and certified diabetes educator. **Please call (623) 471-9355 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.**

Location: Sun Health Center for Health & Wellbeing

TUES	
JUN	
22	

Annual Diabetes Self-Management Education \$

Tuesday, Jun. 22 | 9:30 to 11:30 a.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's certified diabetes educators to learn how carbohydrates fit into your diabetes meal plan. This class will focus on a fit-all solution for everyone with diabetes. **Please call (623) 471-9355 to register. Fee covered by most insurance plans.**

Location: Zoom

HEALTH & WELLBEING

MON	
MAY	
10	

The Silent Thieves of Vision

Monday, May 10 | 11 a.m. to noon

Common vision conditions can silently cause blindness and rob you of your independence. Join Arizona Eye Institute's Emily Marsh, OD, to learn how to be proactive about your vision health.

Location: Zoom

TUES	
MAY	
11	

Importance of Gynecological Care After Menopause

Tuesday, May 11 | 11:30 a.m. to 12:30 p.m.

Shana Wingo, MD, explains and answers your questions on why it is important for women even after 65 to still see their doctor.

Location: Zoom

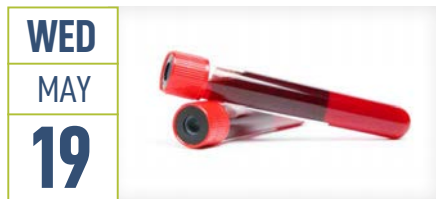


GERD: Symptoms, Causes, and Treatments

Wednesday, May 12 | 11 a.m. to noon

Acid reflux and heartburn more than twice a week may indicate GERD. Join Gastroenterologist Sukhdeep Padda, MD, to learn more about GERD, as well as available treatments and prevention techniques.

Location: Zoom



Understanding Blood Tests

Wednesday, May 19 | 11:30 a.m. to 12:30 p.m.

Blood tests are used to check for a variety of things including functions of organs, infections and genetic disorders, but reports can be complex and difficult to decipher. Join Medical Oncologist & Hematologist Mazen Khattab, MD, with Cancer and Blood Specialists of Arizona, to learn ways to better understand your results.

Location: Zoom



Bariatric Weight loss: Fad Diets & Magic Pills

Monday, Jun. 14 | 11 a.m. to noon

If you've struggled with weight loss, you've likely tried it all with less-than-ideal results, while there is no magic solution, there can be medical solutions. Join Abrazo Bariatric and General Surgeon Daniel T. Fang, MD, FACS, FASMBS, to learn more about weight loss options and when surgery may be the best option.

Location: Zoom



Exercising in the 'Oven'—An Arizona Summer

Tuesday, Jun. 22 | noon to 1 p.m.

Exercising in hot weather puts extra stress on your body. And, if you are not careful you increase your risk of illness. Join Wellness Specialist Alex Stark, MS, to learn tips and tricks to cool your body and help keep your body moving safely.

Location: Zoom



Common Women's Health Issues Every Woman Should Know

Wednesday, Jun. 23 | 11 a.m. to noon

Did you know that there are many health issues specific to women? Please join Health & Wellness Coordinator Teri Elkins, MPH, CHES, as she discusses five common health issues that affect women differently and more commonly than men. You will learn a few simple steps you can start incorporating today towards better health.

Location: Zoom

MEMORY CARE



Dementia Caregiver Support Group

Wednesdays, May 5, 19 | Jun. 2 & 16 | 3 to 4 p.m.

Sun Health's Memory Care Navigator Marty Finley, MEd, leads this support group.

Registration is not required.

Location: Zoom

CLASS CALENDAR (continued)

To register, call (623) 207-1703
or visit SunHealthWellness.org

TUES	
May/Jun	
MULTI DATES	

Memory Café

Tuesdays, May 11, 25; Jun. 8, & 22 | 10 to 11:30 a.m.

Memory Cafés provide resources and a social place for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program. **Registration is not required.**

Location: Held virtually and telephonically. Call (623) 832-6637 for details.


FRI	
MAY	
21	

Dementia Friends Info Session

Friday, May 21 | 1 to 2 p.m.

Arizona will experience the largest increase in people developing Alzheimer's and related dementias over the next five years. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend. Join Sun Health's Barbara Mason for this discussion, and walk away with the tools to implement YOUR dementia friendly community.

Location: Zoom

MON	
MAY	
24	

Dementia Caregiver Tips & Resources

Monday, May 24 | 9:30 to 10:30 a.m.

Sun Health's Memory Care Navigator Marty Finley, MEd, will discuss tips for caregivers and share area resources for those who are caring for a loved one with dementia.

Location: Zoom

WED	
JUN	
16	

Dementia Friends Champion Training

Wednesday, Jun. 16 | 9 to 10:30 a.m.

Do you want to help people understand dementia and the small things they can do to make a difference for people living with dementia? Would you enjoy facilitating Dementia Friends information sessions for friends, family, colleagues or the wider community? Join us for Dementia Friends Champion Training. Training materials will be provided.

Location: Zoom

NUTRITION

WED	
MAY	
5	

Healthy Aging

Wednesday, May 5 | 1:30 to 2:30 p.m.

Everybody can experience healthy aging. Being free of disease or illness is not a requirement for healthy aging, as many older adults have one or more health conditions that, when well controlled, have little influence on their wellbeing. Join Sun Health Registered Dietitian Melva Zerkoune to learn action steps we can take to maintain our health and function as we get older.

Location: Zoom

WED	
JUN	
9	

Food Safety

Wednesday, Jun. 9 | 1:30 to 2:30 p.m.

According to the CDC, one out of every six people get foodborne illness each year. People 65 and older are at a higher risk for foodborne illness. Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk. Join Sun Health Registered Dietitian Melva Zerkoune to learn four easy steps to follow to ensure safer food choices and preparation techniques.

Location: Zoom



Be proactive in your healthy aging

Keep your brain healthy and active
well into your later years.

Register today for a free brain health assessment screening!

(623) 832-5747

PHYSICAL FITNESS



All classes are held at Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise

All physical fitness classes are offered as 4- and 8-week sessions at \$5 per session, i.e. \$20 and \$40.

Mat Yoga \$ (4-session)

Mondays, beginning Jun. 7 | 8 to 9 a.m.

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

Chair Yoga Plus \$ (4-session)

Mondays, beginning Jun. 7 | 9:30 to 10:30 a.m.

Chair yoga using both seated and standing postures. Participants must be able to stand independently.

8 Pieces of Brocade \$ (4-Sessions)

Mondays, Beginning Jun. 7 | 11 to Noon

A classical Chi Kung form. Chi Kung is exercises done in coordination with the breath to bring energy, vitality and health to the entire body. Modified for seniors.

Strength Training \$ (4-session)

Mondays, beginning Jun. 7 | 12:30 to 1:30 p.m.

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

Strength Training \$ (8-session)

Fridays, beginning Jun. 18 | 11 a. m. to noon

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

Mat Yoga \$ (8-session)

Wednesdays, beginning Jun. 23 | 8 to 9 a.m.

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

Chair Yoga Plus \$ (8-session)

Wednesdays, beginning Jun. 23 | 9:30 to 10:30 a.m.

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

The Core to Strength \$ (8-session)

Wednesdays, beginning Jun. 23 | 12:30 to 1:30 p.m.

Our core is one of the most important components to our strength, but is often the first to go. Please join Sun Health for a low-intensity class focusing on core strength, balance and flexibility exercises using a chair as support.

Tai Chi Essentials \$ (8-session)

Wednesdays, beginning Jun. 23 | 11 a.m. to noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing and relaxation, with the goal of maintaining a healthy body.



The Sun Health Center for Health & Wellbeing is limiting in-person classes to 15 people and conducting brief health screenings and temperature checks upon arrival. Face masks and social distancing are required for everyone's health and safety. Thank you.



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You're healthy and independent but if that ever changes...



Who will take care of you?

How much will it cost? What are the available options?

Learn to age confidently and independently in your home by joining one of our complimentary seminars. Registration is required.

Sun Health Center for Health & Wellbeing

14719 W Grand Ave, Surprise, AZ 85374

- May 4, 2 p.m.
- May 12, 3 p.m.
- May 20, 9 a.m.
- May 25, 10 a.m.
- Jun. 1, 10 a.m.
- Jun. 9, 3 p.m.
- Jun. 29, 9 a.m. & 2 p.m.

For May and June seminar attendees – we are offering a \$25 restaurant gift card to each seminar attendee (maximum \$50 per household).




SUN HEALTH AT HOME

(623) 227-4663
 SunHealthAtHome.org

We're keeping you safe and healthy with brief health screenings and temperature checks upon arrival, requiring facial coverings of all participants and staff, and socially distanced seating. If you have further questions, call us at (623) 277-HOME (4663).