



LiveWell

NOVEMBER/DECEMBER 2020



Diabetes

PREVENTION PROGRAM p2

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GO AHEAD, EAT THAT BURGER OR CHOCOLATE

With Sun Health's Diabetes Prevention Program You Can Have Your Cake and Eat it, Too

By Rainey Daye Holloway

If your doctor has warned you that you are pre-diabetic, you might start mourning your favorite foods as well as thinking about life without sugar.

However, Sun Health's Diabetes Prevention Program (DPP), one of a handful in Arizona with certification from the Centers for Medicare & Medicaid Services and the only in-person program in Arizona accepted by Medicare, can get you on the right track without feeling your life is being derailed.

It might be surprising that Sun Health's program is not about taking away foods, but instead teaching that it's OK to have that burger or candy as long as it's in moderation and part of a balanced diet.

Determined not to go down that road

Diabetes runs strong in Susan Hershberger's family and she was determined not to go down that road. She had tried different programs, and nothing seemed to be a good fit for her. However, after finding out she had prediabetes, her doctor told her about Sun Health and DPP.

"We all kind of know what we're supposed to do... this is how you learn," she says. "You reinforce what you know. I've got all of these reinforcements. It (the program) slowed me down and made me think about them and then I started saying 'I've got to do my work too.'"

Susan started losing weight thanks to staying active with pool walking, yoga and tai chi, and ended up shedding 17% of her overall body weight.

"What we want to help you do is create healthy habits, not restrictions," says Teri Elkins, MPH, CHES, Health & Wellness coordinator and Diabetes Prevention Program coordinator for Sun Health.

Because of Sun Health's demonstrated commitment to excellence in providing diabetes prevention and education programming, Medicare is temporarily allowing the program to be presented online — making it much easier for those with a prediabetes diagnosis to participate. The first class has to be in-person to start tracking vitals such as weight and height, but after that, you can take the courses in the comfort of your home.

For those not yet using their Medicare benefit, it is recommended you call Sun Health directly to find out if your insurance will pay, as many do.

Not just about what you eat, but why

Discussions are not only about the foods you eat, but as Teri explains, it's vital to understand why you eat them.

"This is why a big part of our program is talking about cravings and why they happen," Teri says.

“For example, if you cannot seem to put down the salt shaker, your body may be trying to tell you something. Sometimes craving salt is your body’s way of telling you it needs sodium. And for those who cannot pass up a piece of chocolate, your body may need magnesium.” **Note: Please see page 12 for an upcoming class on this topic.**

Before purchasing vitamins, Teri will advise you to check with your doctor. She also offers advice on picking the right supplements for your needs. This guidance is part of what participants receive during the yearlong program.

“If your craving has to do with a vitamin deficiency, we want to help you pick the right vitamins,” Teri says. “Although the Food and Drug Administration does not regulate vitamin content, there is a third-party vendor who does called the United States Pharmacopeia. Most people do not know that. As a member of our program, we guide you in making good choices. We are here for you.”

Education, not shaming, makes the program work

“Journaling is very important because it helps us to figure out why you are overeating, undereating or making bad choices,” Teri says. “Some people are worried about telling me what they ate, but I’m not looking at that. I’ve been overweight, I get it. I want to help people recognize why they make choices so they can change them.”

The journal can serve as detective notes for Sun Health’s team. For example, Teri points out that most people do not realize that dehydration can lead to false hunger feelings. If the journal shows you are not drinking enough fluids, there is a course that teaches strategies on how to drink more water (even if you’re not a fan of plain water), easy ways to increase water intake, and healthier alternatives to sugar-sweetened beverages. **Note: See page 14 for an upcoming class on this topic.**

Another success factor for keeping diabetes at bay is getting a good night’s rest.

“There are two key hormones that affect your hunger known as ghrelin (increases hunger) and leptin (decreases hunger). When you are sleep deprived your body produces more ghrelin and this causes you to want to eat and produces less leptin, which makes it harder to stop eating,”

Sun Health’s Diabetes Prevention Program is offered online through two new Sun Health Wellness platforms — SunHealthDPP and SunHealth360.

To get started, visit SunHealthDPP.org anytime, or call the Sun Health Center for Health & Wellbeing at (623) 471-9355 during business hours.

LiveWell

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SunHealthWellness.org

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SUN HEALTH WELLNESS

(623) 471-9355
SunHealthWellness.org

SUN HEALTH AT HOME

(623) 227-4663
SunHealthAtHome.org

SUN HEALTH COMMUNITIES

(623) 236-3767
SunHealthCommunities.org

SUN HEALTH FOUNDATION

(623) 471-8500
SunHealthFoundation.org



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.

Did You Know? Our Diabetes Prevention Program Addresses Your Concerns

Being at a healthy weight is a big factor in avoiding diabetes. Sometimes what you don't know about trying to lose weight can be worse than eating the wrong foods. Here is a preview of what participants learn in Sun Health's Diabetes Prevention Program (DPP).

Did you know that dehydration can lead to false hunger feelings? Program participants receive strategies and eight easy ways on how to increase water intake and healthier alternatives for sugar-sweetened beverages.

Did you know sleep can hinder weight loss efforts? Sleep deprivation can send key hormones out of whack. For those who have trouble nodding off, DPP offers tips on how to improve sleep.

Did you know that your cravings may be due to nutritional deficiencies? Participants learn possible reasons for their food cravings and how to include foods they crave as part of a balanced meal plan, rather than restricting those foods.

Did you know you can reduce your risk of developing diabetes by 58%? Another benefit to joining DPP is the goal to get your weight down. Having a BMI (Body Mass Index) of more than 25%



At Risk for Prediabetes and Type 2 Diabetes?

You may be at higher risk for prediabetes and Type 2 diabetes if:

- You are overweight
- 45 years or older
- A parent or sibling has Type 2 diabetes
- You are physically active fewer than three times per week
- You gave birth to a baby weighing more than 9 pounds
- You had gestational diabetes

can lead to a number of chronic health conditions such as diabetes, heart disease and stroke. Sun Health teaches lifestyle changes to help achieve a 5% to 7% weight loss, which can lower the risk of developing Type 2 diabetes.

SunHealth360 Lifestyle Change Program

For individuals who may not be eligible for SunHealthDPP, SunHealth360 offers a low-cost, comprehensive online suite of healthcare management tools to help empower participants to take control of their health. Sun Health's personalized support helps participants get healthy and stay healthy with interactive resources and guidance to help establish long-term healthy habits.

The program includes:

- Content addressing weight, metabolic syndrome, prediabetes and heart-disease prevention
- Suggestions on how to improve health and nutrition through lifestyle changes

- Unlimited lifestyle coaching engagement for 12 months
- Weekly check-in to ensure progress
- A wide range of interactive resources
- 24/7 access through a smartphone app or computer

All of these benefits are available at a low-cost and include personalized support.

To get started on these programs, visit SunHealthDPP.org anytime, or call the Sun Health Center for Health & Wellbeing at (623) 471-9355 during normal business hours.

Sun Health Wellness Programs Put You In Control



DIABETES PREVENTION PROGRAM

Prediabetes Diagnosis? Take Back Control of Your Health

Take your first step by contacting Sun Health's Diabetes Prevention Program. As the only program in Arizona recognized by Medicare, we have been granted special privileges to provide in-person and online education. We are also one of a few organizations fully recognized by the Centers for Disease Control (CDC) for our successful record. Our program is convenient, easy to access and consistently provides results.

A one-year commitment for a lifetime of wellness – at low or no cost. Program highlights:

- Improved health and nutrition through lifestyle changes
- Managed by a registered dietitian and certified lifestyle coach
- Weekly check-ins to ensure your progress
- Tips and tools to help you maintain a healthy weight
- Scale provided at start of program

"Within the first six months of the DPP program, I was able to lose 20 pounds and have kept it off!"

- JoAnn M., Sun Health Diabetes Prevention Program participant

360 WELLNESS PROGRAM

360 Brings Your Health Full Circle

If your physician suggests losing weight to help address conditions such as metabolic syndrome and heart disease then 360 could be right for you. All these benefits at a low-cost:

- Unlimited access to health coaches
- Weekly check-ins to ensure your progress
- Wide range of interactive resources
- 24/7 access via smartphone app or desktop



Ready to learn more? Call (623) 471-9355
or visit SunHealthDPP.org



DPP client Pat Tierney and Sun Health's Health & Wellness Coordinator Teri Elkins, MPH, CHES.

MEDICARE – TAKING ADVANTAGE OF YOUR BENEFITS

Valuable Nutrition Benefits Often Go Unused

By Rainey Daye Holloway

As we get ready to say goodbye to 2020 with a probable sigh of relief for most, Sun Health wants you to know about some important insurance benefits you may have forgotten to use before the year ends.

“I would like to see more people take advantage of nutrition benefits. Medicare has a benefit, called Medical Nutrition Therapy (MNT), which is a key component to success with lifestyle changes around food,” says Paul Bowls, program manager for Sun Health At Home.

Medicare has specific guidelines covering this benefit. For example, this benefit can be used by individuals

who are diagnosed with diabetes or chronic kidney disease. A physician referral is needed.

More than 13.7 million Americans aged 60 years or older currently have diabetes or chronic kidney issues. This program, lead by a registered dietitian, is designed to improve disease management while helping delay progression of the condition.

Once you are registered for the MNT program you can sit down either in person or virtually with a Sun Health dietitian or lifestyle coach and receive personalized guidance above and beyond what you might find with a generalized search on the internet.

“Whether you’re battling high cholesterol, diabetes, heart disease, obesity or just want to get healthier, the medical nutrition benefit could be helpful for you,” Paul adds. “In a short time you will walk away with the tools you need to start making lifestyle changes to improve your health.”

The guidance is based on individual needs. Therefore, participants may receive personalized tips on meal planning, label reading, cooking, guidelines for eating out, and one of the most important items for everyone trying to lose weight – portion control.

Sun Health Center for Health & Wellbeing’s Office Coordinator Kim Kowalski wants you to know that the staff at the Center are with you through your entire journey, not just for one appointment.

“We are here for you. We are going to take care of you from A to Z. Our goal is to help you lower your A1c and overall work on getting you back to a healthier you. That is our mindset,” Kim says.

Sun Health also prides itself on finding help for people, no matter what their situation may be with insurance coverage or current health conditions. As Sun Health’s Center for Health & Wellbeing Practice Manager Jaime Torres points out, “If you call our team, we are going to find a way to help you.”

Sun Health recommends calling The Center for Health & Wellbeing in Surprise at (623) 471-9355 for help in determining whether your insurance covers Medical Nutrition Therapy.



List of Health Conditions Supported by the Sun Health Center for Health & Wellbeing

As discussed, Sun Health offers programs for prediabetes, diabetes and kidney disease. However, their expertise extends to other health conditions as well.

- Prediabetes
- Atrial Fibrillation
- Diabetes
- Heart Failure
- Cancer
- Heart Attack
- Dementia
- Hypertension
- Respiratory Conditions
- Kidney Disease

Please call Sun Health’s Center for Health & Wellbeing to learn more at (623) 471-9355. You can also learn about additional services such as massage, fitness, memory care services and much more by visiting SunHealthWellness.org.



PRACTICING THE BASICS

How Good Health Gets You Through a Pandemic

With flu season occurring while we still need to control the spread of the Coronavirus, you may be left wondering how to protect yourself and your loved ones.

There is good news, according to Sun Health At Home's medical director Jeffrey Ronn, M.D. He points out that staying healthy is not complicated and is as simple as practicing the basics.

"I remember the Hong Kong flu, swine flu, MERS, SARS (both caused by a type of coronavirus), you name it," Dr. Ronn shares. "The same basics that worked for getting through those diseases, will work for COVID-19 and the flu season."

"Wash your hands, if you think they are dirty, they likely are. If you touch money, wash your hands. If you are out and about in public, wash them again. Wear a mask. Sneeze particles can travel more than 6 feet."

As a physician who has treated COVID-19 patients, Dr. Ronn reminds us the Coronavirus, which is a

form of the common cold, is proving to be more destructive than anything previously seen, but he says by "using common sense, you can protect yourself."

He recommends getting a lot of rest, having a well-balanced diet, and "if you are sick, stay home. Don't visit family or friends. That is a big mistake people are still making. Have good hygiene, use mouthwash, do everything you can to stop the spread of germs."

Dr. Ronn also cautions folks to get information from the right sources.

"Listen for information from the likes of the National Institutes of Health, Johns Hopkins University, the Centers for Disease Control. Look to science for answers."

And the final piece of advice from Dr. Ronn – "if you haven't already, get your flu shot!"

Sun Health Foundation

Through generations of generosity spanning more than 55 years, Sun Health Foundation has been the philanthropic link between the community and the health care and wellness services provided in the West Valley. Today, we're proud to continue being the philanthropic partner with Banner Boswell and Banner Del E. Webb medical centers. The generosity of the community enables these local facilities to expand and enhance their services with leading-edge medical equipment and innovative programs.



The Heartbeat of Health Care is Philanthropy

Generosity for Generations Campaign

Community support for Sun Health Foundation's \$48 million *Generosity for Generations* Campaign ensures the future of superior health care and wellness programs for West Valley residents. The heart of superior health care beats stronger with community support. To learn more, visit SunHealthFoundation.org.



UPCOMING EVENTS

Heroes with Heart Virtual Gala

Saturday, Nov. 7, 2020 | 7 p.m.

Honoring Rajeev S. Kathuria, MD, cardiovascular and thoracic surgeon (Heroes with Heart Honoree) and Vituity Healthcare and Medical Staffing Services (Corporate Heroes with Heart Honoree) for their dedication to superior health care in our community.

Commemorating Banner Boswell Medical Center's 50th Anniversary. **Benefiting** the medical center's Emergency Department and Patient Care Transformation

Adding to the excitement:

Thaddeus Rose Band | Online auction | Prize drawings
A heartfelt toast to Superior Health Care!

When you RSVP, you're invited to make a **Tribute** contribution in honor of Dr. Kathuria, Vituity, or any Hero with Heart. Do you have a testimonial you'd like to share? Please let us know.

To RSVP (by Oct. 23) and for Tribute/Testimonial details, contact Janine.McGhee@SunHealth.org or (623) 471-8503. RSVP online at SunHealthFoundation.org/gala.



Walk for Women's Health

Sunday, Dec. 6 | 9 a.m.

Join Sun Health Foundation for this FUN-raising 5K event offering different ways to participate. Whichever way you choose, you're not only supporting your health but also the health of women and families in our community. The event benefits Banner Del E. Webb Medical Center's Women and Infant Services.

RSVP to Janine.McGhee@SunHealth.org or (623) 471-8503.



STRESS MANAGEMENT & THE 'STEPPED CARE' APPROACH

Less May Be More On The Road to Recovery

By Rainey Daye Holloway

The next time you visit the doctor with a stress-related medical problem you might want to take a step back and ask if a “Stepped Care” approach should be your first option.

Dr. Michael Cofield, Ph.D., explains that a Stepped Care approach, an efficient and effective way of providing behavioral health care already in practice throughout Europe and the United Kingdom, is gaining momentum in the United States.

This approach to integrated care includes evaluating whether psychological stress is contributing to the medical issue at hand. Research shows that 60% to 80% of common medical problems such as irritable bowel syndrome, high blood pressure and tension headaches, for example, have a stress-related component.

“Stepped Care is an approach to treatment that is based on the notion that we don’t always need the most labor intensive level of care for many problems,” says Dr. Cofield, a consulting psychologist in Scottsdale. “For example, someone might have a stressful experience that sets them back for a short period of time, even resulting in symptoms of depression. They wouldn’t necessarily need to see a psychiatrist and be put on medication as a first option.”

Dr. Cofield continues, “For example, at the lowest level of intensity (the first step), you might just have

them read some evidence-based information about depression and identify some corrective coping tools. With proper resources people can often do this on their own, without the need for higher levels of professional treatment, especially in this day of online resources.”

The approach also receives impetus from the fact there is a shortage of psychologists, psychiatrists and therapists worldwide.

Stepped Care does not mean avoiding seeing your physician when you are having issues. Instead, you might ask them if they have heard of this treatment approach. As the concept continues to grow, Dr. Cofield points out that Sun Health is already incorporating this approach through its wellness program.

“Sun Health has long recognized the need for addressing the behavioral health component related to wellness and health management.” They have incorporated it into their programming and are using the ‘Healthy Mindsets!’ protocol with their residents and clients to handle those issues. Referral to a higher level of care always remains an option.

To learn more about Stepped Care, visit SunHealthWellness.org or call the Sun Health Center for Health & Wellbeing at (623) 471-9355.

Registration Opens Oct. 13, 2020

BONE & JOINT HEALTH



Jump Back into Life with Less Joint Pain

Friday, Nov. 6 | 11 a.m. to noon

Are you or a loved one living with joint pain? Let us help you get back to doing what you love to do – such as golfing, playing pickle ball, hiking or going for a stroll. Dr. Christina Khoury, orthopedic surgeon, and Dr. Shyam Shridharani, spine surgeon, will discuss causes and options for relief.

Location: Zoom

DIABETES



Diabetes and Carbohydrate Counting

Monday, Nov. 9 | 1 to 2 p.m.

Do you have diabetes or prediabetes and not sure how to count carbohydrates or how many carbohydrates you should be eating? Join Sun Health's Registered Dietitian Melva Zerkoune, BScEd, MS, RDN, CDCES, to learn one simple trick that will make carbohydrate counting easy.

Location: Zoom



Physical Activity and Your Blood Sugar

Thursday, Nov. 12 | 11 a.m. to noon

One in three Americans with impaired sugar tolerance will develop Type 2 diabetes in the next decade if untreated. Join Sun Health Wellness Specialist Alex Stark, MS, to learn how physical activity can help reverse intolerance and prevent a lifelong diagnosis.

Location: Zoom



Diabetes and the Effect on Your Feet

Monday, Nov. 16 | 6 to 7 p.m.

Over time diabetes can affect your feet in many ways including nerve damage and decreased blood flow. Join Tharesch Udupa, DPM, from The CORE Institute to learn more about what can happen, and what we can do to prevent and treat our feet.

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 during November and December. We will offer small group sessions (10 or fewer) for Physical Fitness classes (page 15) and the National Diabetes Prevention Program (page 12) in person at The Center for Health & Wellbeing.

 Register Online

Beginning Oct. 13, 2020

SunHealthWellness.org

 Register By Phone

Beginning at 8:30 a.m. Oct. 13, 2020

(623) 207-1703

except where noted

CLASS CALENDAR (continued)

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



COMING
SOON

Annual Diabetes Self-Management Education

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 or go to SunHealthWellness.org/diabetes for upcoming class information. Fee covered by most insurance plans.**

Location: Zoom



MON
DEC
21

Diabetes Connection Support Group

Monday, Dec. 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 not required.**

Location: Zoom

HEALTH & WELLBEING



TUES
NOV
17

The Myths and Realities of Exercise

Tuesday, Nov. 17 | 3 to 4 p.m.

There are many myths surrounding exercise and weight loss, including how much do you need, and can you target or tone? Join Sun Health Wellness Specialist Alex Stark, MS, to talk about these common myths and what exercise can do for you.

Location: Zoom



FRI
NOV
20

Life Care Planning (Health Care Directives)

Friday, Nov. 20 | 11 a.m. to noon

The last thing you want to think about when an emergency occurs for you or your loved ones is paperwork. Join Betty Delano, senior outreach coordinator with the Arizona Attorney General's Office, to talk about all the legal forms you should have completed to prepare for any unexpected life changes.

Location: Zoom



MON
NOV
23

Understanding and Conquering Cravings

Monday, Nov. 23 | 9:30 to 10:30 a.m.

Did you know that your cravings may be due to a nutritional deficiency? Craving sugary foods may be a sign that you are deficient in magnesium, chromium or zinc. Join Sun Health's Health & Wellness Coordinator Teri Elkins, MPH, CHES, to learn how you can start understanding and conquering your cravings.

Location: Zoom



TUES
DEC
8

How to Maintain and NOT Gain during the Holidays

Tuesday, Dec. 8 | 10 to 11 a.m.

Love the holidays but hate what it does to your waist line? Join Sun Health's Health & Wellness Coordinator Teri Elkins, MPH, CHES, to learn how to create a balanced holiday plate. You will also learn how to modify your favorite holiday recipes and strategies to stay on track during this holiday season.

Location: Zoom

TUES	
DEC	
15	

Mindful Movement

Tuesday, Dec. 15 | 10 to 11 a.m.

Please Join Sun Health Wellness Specialist Alex Stark, MS, for an engaging class practicing mindfulness through movement. Participants must be able to stand and walk independently.

Location: Zoom

WED	
DEC	
16	

How Sleep Hinders Your Weight Loss Efforts?

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

Join Sun Health's Health & Wellness Coordinator Teri Elkins, MPH, CHES, to learn about the two key hormones that affect your hunger known as ghrelin (increases hunger) and leptin (decreases hunger). You will learn how sleep affects these hormones and the simple steps you can take to ensure you are getting a good night's sleep and all the proper benefits.

Location: Zoom

MEMORY CARE

WED	
NOV/DEC	
MULTI DATES	

Dementia Caregiver Support Group

Wednesdays, Nov. 4 & 18 | Dec. 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

TUES	
NOV/DEC	
MULTI DATES	

Memory Café

Tuesdays, Nov. 10 & 24 | Dec. 8 & 22 | 9:30 to 11:30 a.m.

Memory Cafés provide a social and resource 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

WED	
NOV	
11	

Dementia Friends Champion Training

Wednesday, Nov. 11 | 1:30 to 2:30 p.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. Free training materials will be provided.

Location: Zoom

CLASS CALENDAR (continued)

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



Ask the Memory Care Navigator

Thursday, Nov. 19 | 9:30 to 10:30 a.m.

Do you or a loved one have questions about Alzheimer's disease or dementia and need more information? Join Sun Health Memory Care Navigator Marty Finley, MEd, for an open discussion where you can ask questions and get answers specific to your situation.

Location: Zoom



Dementia Friends Information Session

Monday, Nov. 30 | 1:30 to 2:30 p.m.

Thursday, Dec. 17 | 9:30 to 10:30 a.m.

Arizona will experience the largest increase in the United States in persons developing Alzheimer's and related dementias over the next five years. As a community, we need to understand and support people with dementia, and you can help by becoming a Dementia Friend. Join Sun Health's Barbara Mason and gain the tools you need to implement your own dementia friendly community.

Location: Zoom



Enjoying the Holidays with a Loved One With Dementia

Wednesday, Dec. 2 | 9:30 to 10:30 a.m.

Learn tips to minimize stress during the holidays and maximize enjoyment when a loved one has dementia or Alzheimer's disease. Join Sun Health Memory Care Navigator Marty Finley, MEd, to learn about specific suggestions for minimizing problems with your loved one.

Location: Zoom

NUTRITION



How Dehydration Can Lead to False Hunger Feelings

Friday, Nov. 13 | 9:30 to 10:30 a.m.

Learn the many benefits of staying hydrated, strategies on how to drink more water (even if you're not a fan of plain water), and alternatives for sugar-sweetened beverages.

Location: Zoom

Joining Our Classes Via Zoom

Are you using Zoom for the first time or need a refresher? You can join our classes from a computer, laptop, iPad/ tablets and smartphone. Or, you can call in if you just want to listen. Please follow the link in your Sun Health email or at SunHealthWellness.org/classes a few minutes before the scheduled start time. If you click the link in advance you can pre-register for the class and you will receive a direct link and phone number by email for easy access. Once you have joined the class you may be put in a waiting room until the class starts. Please make sure to join audio to ensure you can hear the presentation. Microphones are turned off for many classes, so please take advantage of the live chat feature at the bottom of your Zoom screen to have your questions or concerns addressed.

The staff at the Sun Health Center for Health & Wellbeing are focused on your health and safety by conducting brief health screenings and temperature checks upon arrival, requiring facial coverings of all participants and staff, and maintaining socially distanced classes.

PHYSICAL FITNESS



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

During the holidays, all physical fitness classes are offered in either a three- or eight-class series. Registration for each series costs \$15 (three classes) or \$40 (eight classes).

Chair Yoga – Three-session \$

Wednesdays, beginning Dec. 2 | 8 to 9 a.m.

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



Chair Yoga Plus – Three-session \$

Wednesdays, beginning Dec. 2 | 9:30 to 10:30 a.m.

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

Tai Chi – Three-session \$

Wednesdays, beginning Dec. 2 | 11 a.m. to noon

Beginning Tai Chi modified for seniors.

The Core to Strength – Three-session \$

Wednesdays, beginning Dec. 2 | 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.



Strength Training – Three-session \$

Fridays, beginning Dec. 4 | 11 a.m. to noon

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

Mat Yoga – Eight-session \$

Mondays, beginning Dec. 28 | 8:30 to 9:30 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 – Eight-session \$

Mondays, beginning Dec. 28 | 9:45 to 10:45 a.m.

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

Tai Chi – Eight-session \$

Mondays, beginning Dec. 28 | 11 a.m. to noon

Beginning Tai Chi modified for seniors.

Strength Training – Eight-session \$

Mondays, beginning Dec. 28 | 12:30 to 1:30 p.m.

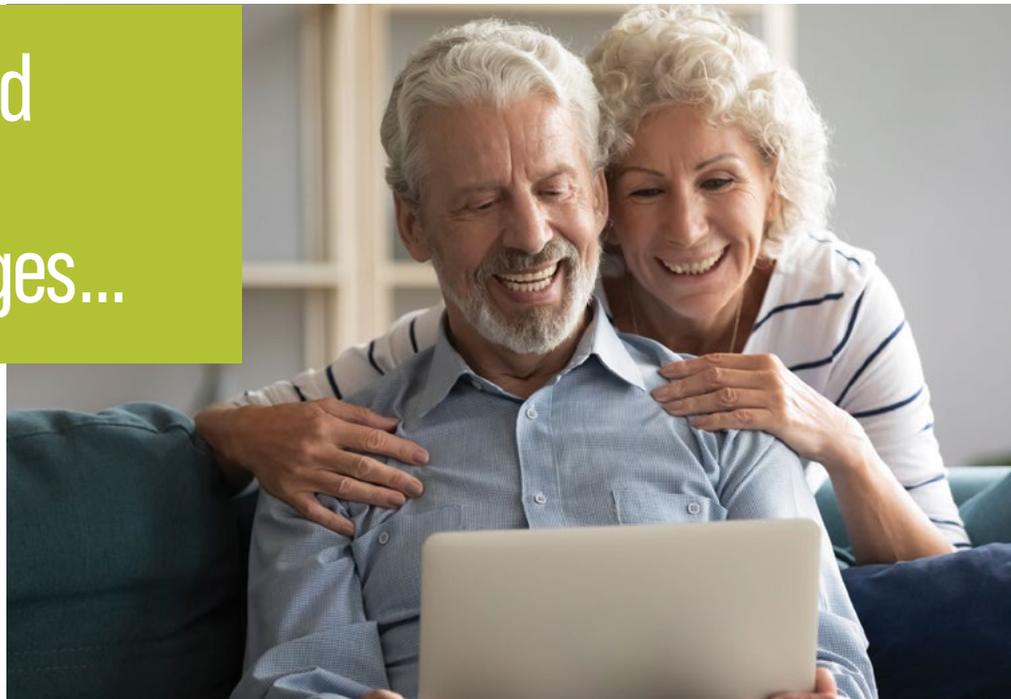
This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.



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 SunHealth.org

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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, online or in person. Registration is required.

Sun Health Center for Health & Wellbeing

14719 W. Grand Ave., Surprise, AZ 85374

Nov. 10, 9 a.m. | Nov. 19, 2 p.m. | Nov. 24, 3 p.m.

Dec. 10, 2 p.m. | Dec. 15, 2 p.m. | Dec. 22, 9 a.m.

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).

Check our website for live upcoming seminars or attend our online webinars at SunHealthAtHome.org or call (623) 227-4663



SUN HEALTH AT HOME

(623) 227-4663

SunHealthAtHome.org

During this time, we also have a virtual Discovery Seminar available to view on our website, SunHealthAtHome.org, and are happy to conduct an online meeting with you to answer questions you have about our program.