

# LiveWell

NOVEMBER/DECEMBER ISSUE

## Holiday Wellness Guide



Sun Health®

## SUN HEALTH

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Surprise, AZ 85374  
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SunHealth.org

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(623) 471-9355  
SunHealthWellness.org

## SUN HEALTH AT HOME

(623) 227-4663  
SunHealthAtHome.org

## SUN HEALTH COMMUNITIES

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## SUN HEALTH FOUNDATION

(623) 471-8500  
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### KIM THOMPSON

Chief Experience Officer

### MEGAN WORD

Vice President of Marketing & Communications

### REENA SPLANE

Community Education Coordinator

Sun Health Foundation is a 501(c)(3) Arizona nonprofit organization supporting the health and wellbeing of the West Valley. All donations to Sun Health Foundation are tax deductible. Learn more at: [SunHealthFoundation.org](http://SunHealthFoundation.org)

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# Sun Health®

## Empowering people to enjoy living longer.

What began more than 55 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 heartfelt generosity of people like you who support the Sun Health Foundation through your time, talent, treasure, and testimony.



# A NOTE FROM *Kim*



Kim Thompson  
Chief Experience Officer

**T**hese last two months of the year are a mixture of emotions for me. I love the traditions of family and friends, reminiscing while making new memories, taking stock of the closing year, and planning for the next.

And honestly, I'm also excited about our upcoming schedule of healthy living classes and events that will provide helpful wellness tips to navigate this holiday season.

I do hope you will plan to join me Nov. 8 for our 11th annual Diabetes Expo (more info on page 9), where we will hear from medical professionals about how a healthy lifestyle can impact our lives in so many ways!

It's exactly those types of community services and events that make me proud to help lead Sun Health into 2024. You could say that's one of Sun Health's signature traditions: going above and beyond our residents' and communities' expectations of what modern healthcare, empowered living, and transformational leadership look like.

In 2023, we offered more than 400 healthy living classes, financial management classes, webinars and presentations by medical professionals, and special events for donors who want to see Sun Health continue as a premier organization. And somewhere in the midst of all that, we finished

a \$48 million fundraising campaign, surpassing the goal by more than \$5 million, and saw record attendance and landed two media spots on Channels 3 and 12 for The Art of Resilience – a signature event that speaks to our passion for helping the community.

As we close out 2023, I encourage you to take stock of your year, not as a measurement tool but as a vision for where you've been and what is next. The secret to healthy, empowered living – mind, body, and soul – is forward motion. Revisiting traditions and memories is central to looking into the bright future of 2024.

When you carve out time for yourself this season, make sure to commit to yourself and your family that you will take advantage of Sun Health's many opportunities – from courses and classes to expos and community open houses. I hope to see you there!

In health,

*Kim Thompson*

Kim Thompson  
Chief Experience Officer  
Sun Health

# Savoring the Season

## WITH A HEALTHY TWIST

'Tis the season for family, festivity, and food. With temptations everywhere, good food and drink can often lead to the average holiday weight gain of five to eight pounds.

"The key is to focus on maintaining your weight," says Sun Health Nutritionist, Sarah Fagus. "Don't look to lose weight, and don't look to gain weight."

There are ways to enjoy your favorite holiday dishes, while avoiding overindulging. "If you don't love it, leave it," Sarah says. Instead of trying everything, just take your favorites. For example, if you love the sweet potato casserole, perhaps you can skip the mashed potatoes. This strategy allows you leeway to enjoy your "must-haves."

She also discourages avoiding your favorite holiday treats.

"Eliminating or avoiding your favorite holiday foods isn't realistic," she says. "Moderation is key. When we avoid something, we tend to crave it more and overindulge. It's OK to have the sugar cookie, but then skip the pumpkin pie."

Sarah offers additional tips for healthier holidays:

### **Focus on fun, not food**

Your goal should be spending time with family and friends, with food being secondary. Spend more time in conversation, playing games, and enjoying entertainment.

### **Plan ahead**

If you're going to a holiday party or a restaurant, learn the menu ahead of time and decide on healthier options.

### **Fill up on fruits and vegetables**

Navigate toward fruits and vegetables on the holiday table. These choices not only are healthier but contain fiber that keeps you feeling full longer, leaving less room for higher-calorie goodies.

### **Watch liquid calories**

Traditional drinks and cocktails often contain higher calories. Choose lower-calorie options when available. Drink a glass of water between each alcoholic drink.

You now have the recipe to stay on track no matter what's cooking this season, which could include a healthy Southwestern Sweet Potato Fiesta Chili (see next page).





# Southwestern *Sweet Potato* Fiesta Chili

Serves 6  
Prep time 10 minutes

Cook time 45 minutes  
Total time 55 minutes



## Ingredients

1 med	Yellow onion	2 cups	Water
1 tbsp	Olive oil	1 tbsp	Chili powder
4 cups	Frozen sweet potato	15 oz	Low-sodium black beans
16 oz	Low-sodium chunky salsa	2 tsp	Cumin, ground
2 cups	Low-sodium vegetable broth	½ tsp	Cinnamon, ground
			Cilantro optional
		½ tsp	Chipotle powder

## Directions

1. In a large pot over medium heat, sweat onions in 1 tablespoon oil, stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and any desired spices at this time (chili, cinnamon, cumin, and chipotle powder). Cook for 3 minutes; then add salsa, water, and vegetable stock.
3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low. Add black beans, cover, and cook for at least 20 minutes.

This soup is at its best when prepared the night before or allowed to rest for a few hours. Serve with cilantro (optional).

Nutritional facts (1 cup): 249 calories; total fat: 3 grams; sodium: 277mg; carbohydrates: 48 grams; fiber: 11 grams; protein: 7 grams

**THE CENTER  
FOR HEALTH &  
WELLBEING**

Stay on track during  
the holidays! Call to  
schedule a nutrition  
consultation.

**CALL TODAY  
(623) 471-9355**



SunHealthWellness.org

KEEP THE

# Holy IN OUR HOLIDAYS

by Renee Moe

Whatever we celebrate this season, Sun Health's Rev. Andrew Moore encourages us to experience the holy in the holidays. "The holy days are set apart to allow us to rest, mark time, celebrate, and remember our stories," he says. "Compared with helping Amazon have their best quarter, use this time to recover the original intent of the holidays to find hope, joy, and peace."

As Sun Health's corporate director of Spiritual Life, Rev. Moore and his team provide pastoral care, worship, education, and holiday observances for residents of Sun Health communities, Sun Health At Home members and Sun Health staff.

Spiritual life is critical to Sun Health's vision to help people live longer, healthier, and more purposeful lives. "Spirituality is a key piece of holistic wellness," says Rev. Moore. "When we nurture that, like physical or

mental wellness, it nourishes us. It provides wholeness."

The holidays allow people to dive deeper into aspects of their wholeness and spiritual wellness. "The holy days help us reflect on what is being celebrated," he says. "No matter our religious traditions, look at the stories and symbolism and find core elements to consider."

Rev. Moore says the busyness and commercialism of the holidays can drown out the beauty of these times. "Carve out time for thought, reflection, and prayer around the deeper sense and underlying reason for our celebrations," he says.

Live the spirit of the holiday season and let that be the feast to savor. "Focus on setting these days apart and using them differently," says Rev. Moore. "What can we do to make them special so that they nourish our souls?"

Join Rev. Moore on Dec. 14, for his presentation on "The Holy in our Holidays: Finding Light, Hope, Joy, and Peace." He will explore how our holiday traditions and observances nurture and guide us in our quest for holistic wellness. To register, visit: [SunHealthWellness.org/classes](https://SunHealthWellness.org/classes)



Rev. Andrew Moore

Register for this and other classes starting on page 10.

# CONQUERING DIABETES

## Together

by Renee Moe

After living with prediabetes for a decade, it wasn't a surprise to John Tatom, as his A1C level gradually crept up, that he was diagnosed with type 2 diabetes. With a family history of diabetes that saw both his grandmother and mother succumb to its complications, John was determined to live the best quality of life possible through diabetes education.

"My doctor referred me to a dietitian that I'd seen in the past," John says. "Since my previous experience wasn't positive, I began researching other options. We weren't aware that Sun Health offered diabetes counseling and education.

"The more we looked at it, the more we realized enrolling was a no-brainer, especially since Medicare helps pay for it."

John connected with Sun Health dietitians to discuss his diet, medications, and other factors that could affect his diabetes. He also enrolled in Sun Health's five-week Diabetes Self-Management Education (DSME) classes.

Reflecting on the impact of the classes, John says, "The classes were phenomenal. It was an eye-opener learning how carbohydrates and proteins work within your system and how important fiber is."

He's taken what he has learned to heart. John began taking Metamucil every morning and adding chia seeds to his diet to increase his fiber intake. He also learned the importance of pairing carbohydrates with proteins in his meals and snacks.

John also upped his water intake and adopted a more active lifestyle through exercise.

"I am a former tennis player, but now enjoy bike riding," he says. "I recently purchased a stationary bicycle and log 3.5 to 4 miles every day. My wife and I walk our dogs twice daily, and we also try to walk in the pool at least three times a week."



The results speak for themselves. In a just three months, John managed to slash his A1C level from 10.2 to 6.0.

"I have more energy now and no longer take naps," he says. "In addition, I've lost nearly 20 pounds. And my triglycerides, LDL cholesterol and PSA levels were substantially reduced."

To aim for success like John's, we strongly encourage you to explore Sun Health's diverse range of diabetes education classes and one-on-one programs. There are services available for prediabetes and diabetes, and a majority of services are covered by most insurance plans.

"I believe the DSME classes were as important in my improved lab results as medication changes, controlled carb diet, increased exercise, and other factors," John says.

The ultimate strategy for success lies in acquiring knowledge directly from the experts in the field.

Since attending Sun Health's diabetes classes, John has become a diabetes education advocate. "I love sharing what I learned with other people," he says.

You can meet other advocates of diabetes education at Sun Health's Annual Diabetes Expo, set to take place on Wednesday,

Nov. 8, from 9 a.m. to noon at Grandview Terrace in Sun City West. It's an opportunity for individuals like John to gain a wealth of resources dedicated to diabetes management.



John Tatom

**W**e are thrilled to invite you to our upcoming Diabetes Expo, where we aim to share valuable insights and information about diabetes management. Join us on Wednesday, Nov. 8th, from 9 a.m. to noon, at Sun Health's Grandview Terrace.

This year's event promises an engaging and enlightening experience. Our presenters' insights will undoubtedly provide new perspectives on diabetes management.

Prepare for an enriching lineup of activities throughout the expo. Our experts will delve into current trends in diabetes treatment, ensuring you stay up to date with the latest advancements. You can look forward to insightful presentations, interactions with vendors, and much more.

But that's not all! Our expo not only is about information sharing but also about fostering a sense of community. In addition to diabetes-related content, you'll have the opportunity to engage

with specialists in various fields. Explore podiatry, audiology, and optimal nutrition for a holistic approach to wellbeing.

We're looking forward to your presence at this year's Diabetes Expo. Together, let's empower ourselves with knowledge and forge connections that contribute to healthier lives. See you on Nov. 8!



Warm regards,  
Julia Deen  
Senior Registered Dietitian &  
Community Outreach Manager

**Register for the Diabetes Expo by calling (623) 471-9355 and explore diabetes classes and programs starting on page 11.**



Join us for Sun Health's 7<sup>th</sup> Annual

# DIABETES EXPO

**Wednesday, Nov. 8, 2023 | 9 a.m.-noon**  
**Grandview Terrace | Grand Room**

## Stress Less About Diabetes

November is Diabetes Awareness month and Sun Health's diabetes-education staff is hosting an expo to promote ways to manage or prevent type 2 diabetes.

We invite you to join Sun Health for this informative event so you can stress less about diabetes.

## Expo Highlights

- Hear about current trends in diabetes treatment from medical experts
- Learn best practices for managing your diabetes and minimizing complications
- Understand your Medicare benefits for diabetes education and support
- Prediabetes Risk Test



**For more information**  
**call (623) 471-9355**



## BRAIN & MEMORY HEALTH

### **Tips for Navigating a Dementia Diagnosis for the Holiday Season** **Tuesday, Nov. 21 | 1:30-2:30 p.m.**

The holiday season is often seen as the happiest time of year, but in all reality it can be over-stimulating and stressful. This is especially true for a person living with dementia and those who care for them. Join us to come up with a plan that will take what you know about the person with dementia and use it to minimize the chaos and maximize the comfort and joy!

*Location: Grace Bible Church and Zoom*

### **Tips for Navigating a Dementia Diagnosis for the Holiday Season** **Tuesday, Dec. 5 | 2-3 p.m.**

The holiday season is often seen as the happiest time of year but in all reality, it can be over-stimulating and stressful. This is especially true for a person living with dementia and those that care for them. Join us to come up with a plan that will take what you know about the person with dementia and use it to minimize the chaos and maximize the comfort and joy!

*Location: Freedom Plaza and Zoom*

### **Caregiver Support Group** **Thursdays, Nov. 9, Dec. 14, Dec. 28 | 10-11 a.m.**

Being a friend or family member caring for someone with dementia can be very stressful. We are constantly adapting and learning new ways to do things to help them be as successful as possible and that can be overwhelming at times. Joining a caregiver support group can help!

*Location: Faith Presbyterian Church*

### **Dementia Caregiver Support Group** **Wednesdays, Nov. 1, Nov. 15, Dec. 6, Dec. 20 | 3-4 p.m.**

Caring for a loved one with dementia can be challenging, but you don't have to face it alone. Join Marty Finley, Sun Health's Lead Memory Care Navigator, to learn about resources and get some extra support.

*Location: Grandview Terrace Health & Rehab*

### **Memory Café** **Tuesdays, Nov. 14 & Dec. 12 | 10-11:30 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.

*Location: Zoom*

### **Memory Café** **Tuesday, Nov. 28 | 10-11:30 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.

*Location: Salvation Army*

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**Visit [SunHealthWellness.org/Livewell-magazine](https://SunHealthWellness.org/Livewell-magazine)**

Registration begins:  
Oct. 17, 2023 at 8:30 a.m.



Register Online  
[SunHealthWellness.org](https://SunHealthWellness.org)



Register by Phone  
(623) 471-9355 *except where noted*



## DIABETES

### Diabetes Self-Management Education **\$** Thursday, Nov. 2 | 1-3 p.m.

People with diabetes are living longer, healthier lives. The driving force? Healthy lifestyle changes and better diabetes management. Join our registered dietitian and diabetes educator for this five-week accredited course that provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. Please call (623) 471-9355 to register and inquire about insurance coverage. Fee covered by most insurance plans.

*Location: Sun Health Center for Health & Wellbeing*

### Diabetes Expo Wednesday, Nov. 8, 2023 | 9 a.m.-noon

November is Diabetes Awareness month and Sun Health's diabetes education staff is hosting an expo to promote ways to manage or prevent type 2 diabetes.

Please call (623) 471-9355 for more information.

*Location: Grandview Terrace*

### What does Diabetic Retinopathy Mean for Me?

#### Friday, Nov. 17 | 11 a.m.-noon

Diabetic Retinopathy can cause vision loss and blindness in people who have diabetes. Please join Dr. Conway to learn who gets diabetic retinopathy, how it affects the vision and how it can be treated.

*Location: Zoom*

### Diabetes Connection Group Monday, Nov. 20 | 3:30-4:30 p.m.

Whether you are new to diabetes or dealing with a new set of challenges, the Diabetes Connections Support Group is here to help ease the burden of diabetes. Connecting with other people living with diabetes can be relieving, encouraging, and empowering. Support can offer a sense of being understood and provides opportunities to share wisdom and practical information. Join us to learn from educators and others just like you who are encountering and overcoming similar situations. Registration not required.

*Location: Sun Health Center for Health & Wellbeing*

## Location & Class Key

### AMERICAN LUTHERAN CHURCH

17200 N. Del Webb Blvd., Sun City, AZ

### THE COLONNADE

19116 N. Colonnade Way, Surprise, AZ

### CROWN OF LIFE LUTHERAN CHURCH

13131 W. Spanish Garden Drive, Sun City West, AZ

### FAITH PRESBYTERIAN CHURCH

16000 N. Del E. Webb Blvd., Sun City, AZ

### FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria, AZ

### GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City, AZ

### GRANDVIEW TERRACE/BALLROOM

14515 W. Granite Valley Drive, Sun City, AZ

### GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Drive, Sun City West, AZ

### LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West, AZ

### OFFICE EVOLUTION

15331 W. Bell Road, Suite 212, Surprise, AZ

### PORA

13815 W. Camino Del Sol, Sun City West, AZ

### SALVATION ARMY

17420 Ave of the Arts, Surprise, AZ

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

### SURPRISE SENIOR CENTER

15832 W. Hollyhock St., Surprise, AZ

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



## DIABETES

### Diabetes 101

**Monday, Nov. 27 | 1:30-2:30 p.m.**

Diabetes affects 1 in 10 people in the United States, and over 48% of adults 65 and older have prediabetes. Research shows that food and lifestyle changes can help manage this chronic condition. Join Sun Health registered dietitians for our class where we'll share information on ways to improve your health and manage diabetes.

*Location: Faith Presbyterian Church*

### Take a Step Forward in Diabetic Foot Pain Relief

**Tuesday, Nov. 28 | 2-3 p.m.**

If you or a loved one are experiencing Diabetic Peripheral Neuropathy pain, start saying "Yes" to activities you love. Medtronic Spinal Cord Stimulation is now indicated to treat the pain associated with DPN of the lower extremities. Join Dr. Awnik Sarkar, from Palo Verde Pain Specialists to learn more about how you can take a step forward in pain relief.

*Location: Freedom Plaza and Zoom*

### National Diabetes Prevention Program \$

**Wednesday, Nov. 29 | 3:30-4:30 p.m.**

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This yearlong lifestyle change program uses research-based curriculum to help you make the necessary nutrition, physical activity, and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes.

Please call (623) 471-9355 to register. Fee covered by most insurance plans.

*Location: Sun Health Center for Health & Wellbeing*

### National Diabetes Prevention Program \$

**Friday, Dec. 1 | 9-10 a.m.**

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This yearlong lifestyle change program uses research-based curriculum to help you make the necessary nutrition, physical activity, and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes.

Please call (623) 471-9355 to register. Fee covered by most insurance plans.

*Location: Sun Health Center for Health & Wellbeing*

### Annual Diabetes Self-Management Education \$

**Friday, Dec. 1 | 1-3 p.m.**

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's 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: Sun Health Center for Health & Wellbeing*

### Diabetes Connection Group

**Monday, Dec. 18 | 3:30-4:30 p.m.**

Whether you are new to diabetes or dealing with a new set of challenges, the Diabetes Connections Support Group is here to help ease the burden of diabetes. Connecting with other people living with diabetes can be relieving, encouraging, and empowering. Support can offer a sense of being understood and provides opportunities to share wisdom and practical information. Join us to learn from educators and others just like you who are encountering and overcoming similar situations.

*Location: Sun Health Center for Health & Wellbeing*

Registration begins:  
Oct. 17, 2023 at 8:30 a.m.



Register Online  
[SunHealthWellness.org](https://SunHealthWellness.org)



Register by Phone  
(623) 471-9355 *except where noted*



## HEALTH & WELLBEING

### **Do You Know your Medicare?** **Tuesday, Nov. 7 | 2-3 p.m.**

The Medicare educational event will cover all aspects of your Medicare, including enrollment periods, penalties, the different parts of Medicare, supplements and advantage plan differences, and Medicare and veteran benefits. We are here to guide you through the process.

*Location: Freedom Plaza and Zoom*

### **Do You Know your Medicare?** **Wednesday, Nov. 15 | 9:30-10:30 a.m.**

The Medicare educational event will cover all aspects of your Medicare, when are the enrollment periods, penalties, the different parts of Medicare, supplements and advantage plan differences, and Medicare and veteran benefits. We are here to guide you through the process.

*Location: Lord of Life Lutheran Church and Zoom.*

### **Merry and Bright: Holiday Stress Tips for Aging Adults, and Caregivers** **Friday, Dec. 1 | 10-11 a.m.**

Unwrap the secrets to a stress-free holiday season for elderly/aging adults and their dedicated caregivers. Delve into common stressors like family distance, disrupted schedules, and the holiday blues. Learn mindfulness, Cognitive Behavioral Therapy strategies, and vision mapping to conquer stress. Additionally, we'll address the complexities of grieving during holidays, acknowledging the feelings of loss. Join Andrea Becker, office manager at Full Life Counseling and master's degree in counseling student at Prescott College, for a heartwarming and informative journey to make the holidays truly joyous and memorable for seniors and their caring companions.

*Location: Zoom*

### **The Holy in our Holidays: Finding Light, Hope, Joy and Peace** **Thursday, Dec. 14 | 10-11 a.m.**

Please join Rev. Andrew Moore, Sun Health Corporate Director of Spiritual Life, as he explores how our holiday traditions and observances nurture and guide us in our quest for holistic wellness.

*Location: Grandview Terrace — Grand Room*

For more information and resources on exercise and wellness, contact the Sun Health Center for Health & Wellbeing at (623) 471-9355 or visit [SunHealthWellness.org](https://SunHealthWellness.org)



## NUTRITION

### **Glow Your Garden**

**Monday, Nov. 6 | 10-11 a.m.**

Fruits and vegetables comprise different parts of the plants from which they grow. Please join Sun Health Nutritionist, Sarah Fagus to learn the benefits of growing your own organic garden.

*Location: American Lutheran Church*

### **What are your blood sugar readings really telling you?**

**Friday, Nov. 10 | 10-11 a.m.**

Uncover the secrets behind your blood sugar readings and how they fit into better blood sugar control. Join Sun Health registered dietitian Tiffany Tutt, EP-C, to understand how readings can tailor your diet and exercise objectives, and explore the potential benefits of CGM for diabetes management.

*Location: Zoom*

### **Culinary Connections: Infusing Joyful Cooking into Caregiving**

**Monday, Dec. 4 | 10-11 a.m.**

Food holds a significant role in our lives, especially during holidays! Cooking together helps us foster connections and create enjoyable memories. For caregivers, however, finding a safe and simple recipe for their loved one might seem overwhelming. Join Sun Health's experts, nutritionist Sarah Fagus and team, for an in-person cooking demonstration. Discover a new holiday recipe, adapt it to ensure both you and your loved one experience the delight of cooking, and come prepared to savor the experience!

*Location: American Lutheran Church*

### **Taste the Magic of the Holidays**

**Wednesday, Dec. 6 | 1-3 p.m.**

One of the most challenging obstacles for average consumers is knowing what nutrition information is accurate while enjoying a home cooked meal. Please join Sun Health Nutritionist, Sarah Fagus to learn about healthy food modifications during the holiday season.

*Location: Surprise Senior Center*

Classes are provided at low or no cost, thanks to generosity of the community through Sun Health Foundation. Learn more at: [SunHealthFoundation.org](https://SunHealthFoundation.org)

Registration begins:  
Oct. 17, 2023 at 8:30 a.m.



Register Online  
[SunHealthWellness.org](https://SunHealthWellness.org)



Register by Phone  
(623) 471-9355 *except where noted*



## PHYSICAL FITNESS

Classes are held at the Sun Health Center for Health & Wellbeing at 14719 W. Grand Ave., Surprise. All classes are offered as weekly multisession series at \$5 per class, paid up front for the series.

### Mat Yoga \$ (7 weeks)

**Mondays, starting Nov. 6 | 8-9 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 \$ (7 weeks)

**Mondays, starting Nov. 6 | 9:30-10:30 a.m.**

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

### Tai Chi Essentials \$ (7 weeks)

**Mondays, starting Nov. 6 | 11 a.m.-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.

### Strength Training \$ (7 weeks)

**Mondays, starting Nov. 6 | 12:30-1:30 p.m.**

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

### Yin Yoga \$ (4 weeks)

**Wednesdays, starting Nov. 29 | 8-9 a.m.**

Yin yoga is a slow, passive style of yoga, done mostly on the floor in seated or lying-down postures. We come into the pose to a point where we feel significant resistance and stay there, calmly holding the pose and remaining still for the duration.

### Chair Yoga Plus \$ (4 weeks)

**Wednesdays, starting Nov. 29 | 9:30-10:30 a.m.**

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair. Participants must be able to safely get up and down from the floor unassisted.

### Tai Chi Essentials \$ (4 weeks)

**Wednesdays, starting Nov. 29 | 11 a.m.-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 Core to Strength \$ (4 weeks)

**Wednesdays, starting Nov. 29 | 12:30-1:30 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 \$ (4 weeks)

**Fridays, starting Dec. 1 | 11 a.m.-noon**

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



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# Stay Healthy While Living *At Home*

We specialize in personalized support and coordinated services to help members stay active and healthy as they age in place at home. With a variety of plans available, it's easy to find the Sun Health At Home® membership that meets your individual needs.

To learn more about the benefits of this program, please join us at an upcoming 1-hour complimentary Discovery Seminar. Registration is required.

**(623) 294-6726**  
**SunHealthAtHome.org**

## Join us for a complimentary 1-hour Discovery Seminar:

**Sun Health Center for Health & Wellbeing**  
 14719 W. Grand Ave., Surprise, AZ 85374

**NOV**  
**14**  
 2 p.m.

**DEC**  
**12**  
 2 p.m.

**Palmbrook Country Club**  
 9350 W. Greenway Rd., Sun City, AZ 85351  
*Lunch will be provided*

**NOV**  
**9**  
 11:30 a.m.



SUN HEALTH AT HOME