



# LiveWell

NOVEMBER/DECEMBER 2021



## Staying Healthy with Diabetes P2

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# Staying Healthy with Diabetes

## How Sun Health Can Help



It is estimated that nearly 1 in 3 Arizonans have prediabetes, and 1 in 10 have diabetes. However, you don't have to stop living an active, vibrant life. You just need to make some adjustments to stay healthy.

Sun Health Center for Health & Wellbeing in Surprise, where local experts provide health and wellbeing services, has diabetes programs recognized by the Centers for Medicare and Medicaid Services that can help you get on track and in some cases, are covered by Medicare.

This special *LiveWell* magazine focused on Staying Healthy with Diabetes, has important information everyone needs to stay healthy, maintain and not gain during the holidays. And we invite you to join our Sun Health Diabetes Expo, Nov. 12.

First, let's quickly review what diabetes is.

As our Center for Health &

Wellbeing registered dietitians explain, diabetes is a chronic disease that occurs when the pancreas no longer is able to produce insulin or when the body cannot use the insulin it does produce.

Insulin is a hormone made that acts like a key to let glucose from the food we eat pass from the blood stream into the body's cells to produce energy. When the body is not able to produce insulin or use it effectively, glucose levels in the blood increase causing hyperglycemia, or high blood glucose.

It is important to treat high blood glucose immediately to help prevent serious complications.

Diabetes is categorized into type 1 and type 2 diabetes.

People with type 1 need to take insulin every day. Their body does not make insulin due to an autoimmune reaction

in which the immune system attacks and destroys the cells in the pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age.

Type 2 is the most common type of diabetes and occurs when your body does not manufacture or use insulin efficiently. You can develop type 2 diabetes at any age. However, this occurs most often in people 45 or older.

Type 2 diabetes symptoms often take several years to develop. Some people do not notice any symptoms. Since they are hard to recognize, it is important to watch for signs that include:

- Increased thirst
- Frequent urination
- Increased hunger



## DIABETES EXPO

**Sun Health's Diabetes Expo is scheduled from 9 to 11:30 a.m. on Friday, Nov. 12. SEE REGISTRATION DETAILS ON PAGE 10.**

- Unintended weight loss
  - Fatigue
  - Blurred vision
  - Slow-healing sores
  - Frequent infections
  - Numbness or tingling in the hands or feet
  - Areas of darkened skin, usually in the armpits and neck
1. A random blood glucose test measures your blood glucose at the time you are tested. You can take this test at anytime and do not need to fast. A blood glucose level of 200 mg/dL or higher indicates you have diabetes.
  2. A fasting blood glucose test measures your blood glucose after an overnight fast. A fasting blood glucose level of 126 mg/dL or higher indicates you have diabetes.
  3. A random blood glucose test measures your blood glucose at the time you are tested. You can take this test at anytime and do not need to fast. A blood glucose level of 200 mg/dL or higher indicates you have diabetes.

The good news is that people with diabetes are living longer, healthier lives due to lifestyle changes and better disease management.

Sun Health Diabetes Self-Management Education (DSME) classes can help you manage the disease to reduce health complications and improve quality of life. This accredited course provides the latest information in diabetes management and includes topics on monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping.

Classes are facilitated by a registered dietitian, exercise physiologist and health education specialist specifically trained in diabetes prevention and diabetes management.

For more information, please call (623) 471-9355 or visit [SunHealthWellness.org](http://SunHealthWellness.org).

You are at risk for developing type 2 diabetes if you have prediabetes; are overweight; are 45 years or older; have a parent, brother or sister with type 2 diabetes; have ever had gestational diabetes; and/or are African American, Hispanic/Latino American or American Indian.

Your doctor will prescribe one or more of the following blood tests to confirm a diabetes diagnosis:

1. An A1C test that measures your average blood glucose level over the past 2 or 3 months. An A1C of 6.5% or higher indicates you have diabetes.
2. A fasting blood glucose test that measures your blood glucose after an overnight fast. A fasting blood glucose

# LiveWell

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[SunHealthWellness.org](http://SunHealthWellness.org)

#### SUN HEALTH

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[Information@SunHealth.org](mailto:Information@SunHealth.org)  
[SunHealth.org](http://SunHealth.org)

#### SUN HEALTH WELLNESS

(623) 471-9355

[SunHealthWellness.org](http://SunHealthWellness.org)

#### SUN HEALTH AT HOME

(623) 227-4663

[SunHealthAtHome.org](http://SunHealthAtHome.org)

#### SUN HEALTH COMMUNITIES

(623) 236-3767

[SunHealthCommunities.org](http://SunHealthCommunities.org)

#### SUN HEALTH FOUNDATION

(623) 471-8500

[SunHealthFoundation.org](http://SunHealthFoundation.org)



## Empowering people to enjoy living longer

What began more than 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.

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# Maintain Don't Gain During the Holidays

## Bonus Healthy Holiday Recipe: No-Bake Energy Bites



Can you imagine the smell of fresh baked cookies and pies, roasted ham, turkey and all the holiday trimmings with potatoes smothered in butter and cheese?

These familiar smells are welcome along with cooler weather, yet, partaking in too many holiday goodies can leave you feeling bloated and looking for a bigger size in pants. On average, most Americans gain nearly 1.5 pounds during the holidays.

However, the wellness and nutrition experts at the Sun Health Center for Health & Wellbeing, in Surprise, want to share some simple ways to avoid being part of the statistics with a preview of their class Maintain, Don't Gain During the Holidays.

In our popular presentation, featured on Sun Health's LiveWell Learning platform, we teach you how to enjoy holiday treats while keeping your favorite clothes feeling comfortable.

LiveWell Learning offers a convenient, low-cost solution for

those who want to live a longer, healthier, more purposeful life.

Other on-demand modules cover a wide range of health and wellness topics. General fitness classes are available, as well as modules for health topics such as chronic disease management, mental health topics and men's and women's health issues.

A section of the presentation attendees find most helpful is "Choosing Your Calories Wisely." Here is a sneak peek at information shared.

- Keeping track of what you eat can be pretty easy thanks to all the handy apps we have available at our fingertips.
- Remember, quality counts, and it's not just about the number of calories. One hundred calories of cookies are not the same as 100 calories of veggies as far as nutrients and fueling your body is concerned. Listen to your own body to determine how many calories work best for you!

- Look for foods that have the shortest list of ingredients and those that you recognize. If it's a long list of ingredients with difficult words to pronounce, or you don't know what they are, put it back on the shelf and look for something else.

Participants also receive information about a free phone app that can guide them in finding healthy solutions for foods they may be craving.

Anyone interested should visit the Center for Health & Wellbeing LiveWell Learning site today to see our special presentation, Maintain Don't Gain During the Holidays at [sunhealthwellness.org/on-demand-classes](http://sunhealthwellness.org/on-demand-classes).

Subscriptions start at \$49.99 annually. You also can pay a monthly subscription of \$4.99.

And, allow us to be the first to congratulate you on getting through the holidays without gaining unwanted weight!

# No-Bake Energy Bites

## Ingredients:

- 1 cup dry oatmeal (old-fashioned oats)
- 2/3 cup toasted unsweetened coconut flakes
- ½ cup peanut butter or nut butter
- ½ cup ground flaxseed
- ½ cup dark chocolate chips
- 1/3 cup honey
- 1 tbsp chia seeds
- 1 tsp vanilla extract

## Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for 30 minutes.
2. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 25 balls.

## Nutrition Facts/Energy Bite:

Calories: 113 | Carbohydrates: 12 g  
Fat: 7 g | Protein: 2 g | Sugar: 6 g

This recipe contains a good amount of healthy carbohydrates and is high in fiber, protein and omega-3s!

### Old-fashioned oats benefits:

- Oats are a whole grain food. They are rich in carbs and fiber, but also higher in protein and fat than most other grains. They are very high in many vitamins and minerals.

### Coconut flakes benefits:

- Coconut is low in carbs and rich in amino acids, healthy fats and fiber, making it a great choice for blood sugar control.

### Almond butter benefits:

- High in monounsaturated fats — which may help lower your LDL “bad cholesterol” and raise your HDL “good” cholesterol.”
- Other nutrients found in almond butter may help improve your heart health and lower your risk for heart disease.

### Dark chocolate (70–85% cocoa) benefits:

- Good quality dark chocolate is rich in fiber, iron, magnesium, copper, manganese and a few other minerals.



### Flaxseed benefits: Superfood

- Flaxseeds are a rich source of fiber and omega-3 fatty acid ALA. Plant-based ALA fatty acids are proven to have heart health benefits and are linked to a lower risk of stroke.

### Honey benefits:

- Some studies show that honey improves heart disease risk factors in people with diabetes.
- However, it also raises blood sugar levels — so it cannot be considered healthy for people with diabetes.
- Honey seems to have a positive effect on cholesterol levels. It leads to modest reductions in total and “bad” LDL cholesterol while raising “good” HDL cholesterol.

### Chia seeds benefits:

- Despite their tiny size, chia seeds are one of the most nutritious foods on the planet.
- They are loaded with fiber, protein, omega-3 fatty acids and antioxidants.

Recipe from: [www.gimmesomeoven.com](http://www.gimmesomeoven.com)

# Diabetes Prevention and Support Programs Deliver Results

## At the Sun Health Center for Health & Wellbeing



Sun Health “envisions a world where people live longer, healthier and more purposeful lives.” Sun Health’s Center for Health & Wellbeing champions that vision by providing best-in-class programs to combat chronic diseases that impact so many, including diabetes. Whether you are on the warning track for developing diabetes or have it and are feeling overwhelmed on how to best manage it, Sun Health has you covered.

And we have a client-focused approach. When you join Sun Health’s programs, you get

access to your own health coach team at Sun Health Wellness to help you every step of the way! We don’t just throw a bunch of information your way and leave you be.

The following pages provide an overview of our programs and information on what Medicare requires so you can get access to these programs at a low-cost or no cost to you. Plus, read testimonials from some proud participants who share the difference Sun Health’s Wellness programs have made in their lives!

## Diabetes in Arizona:

- › **1 in 3**  
Arizonans estimated to have prediabetes
- › **1 in 10**  
Arizonans have diabetes
- › **50% Higher**  
risk of death for adults with diabetes

# Medicare Diabetes Prevention Program (MDPP)

The Medicare Diabetes Prevention Program (MDPP) is an evidence-based lifestyle change and education program that can lower your risk of having a heart attack or stroke, improve your wellbeing, help you feel more energetic and even reverse your prediabetes diagnosis.

Program participants were one-third less likely to develop type 2 diabetes than individuals

who did not join a program.

Sun Health is the only Medicare approved organization in Arizona that offers MDPP to Medicare beneficiaries. Additionally, many commercial health plans cover the MDPP program when offered through a CDC fully recognized organization such as Sun Health.

**Call (623) 471-9355 or visit [SunHealthWellness.org](http://SunHealthWellness.org) for more information on our programs.**

## MDPP Eligibility Requirements

- › Medicare Part B coverage (fee for service) or Medicare Advantage Plan
- › Results from one of three blood tests
- › A1C value of 5.7-6.4%
- › Fasting plasma glucose test with a value of 110-125 mg/dl
- › Oral glucose tolerance test with a value of 140-199 md/dl
- › BMI > 25% or >23% if self-identified as Asian
- › No history of type 1 or type 2 diabetes
- › No end stage renal disease
- › Not received MDPP services previously
- › Copayment/coinsurance waived
- › Deductible waived

“I like the feature that you have the app, and you have a coach. If I mess up, my coach doesn’t wave a finger at me, but instead we share ideas of what works for one person, what might work for me. I message with my coach a lot. You don’t have to jump through hoops, and the registered dietitian helps you readjust to make the program work. I feel more confident in myself and what I am doing to become healthier.”

~ Sally,  
Surprise Resident  
and Diabetes  
Prevention Program  
Participant

“My physician was concerned that I was not being consistent with maintaining a lower A1C number, so rather than changing my medication, I told him ‘I got this’ Linda explained.

“I was determined to find a way to improve my health.”

Linda found the topics covered in DSME – monitoring, nutrition, exercise, medication and coping skills — were most helpful as she made significant changes to her lifestyle, including food and drink when socializing with friends.

Linda’s determination is paying off. Her blood sugar numbers have improved and she has lost a total of 18 pounds by following the advice of the program. She excitedly shared that her doctor was very pleased at her declining A1C at a recent appointment.

~ **Linda,**  
Sun City West

# Diabetes Self-Management Education Program (DSME)

Diabetes Self-Management Education is an evidence-based program that has been proven to lower health care costs, decrease A1C levels, control blood pressure and cholesterol and improve quality of life.

The Sun Health Center for Health & Wellbeing program is accredited by the Association

of Diabetes Care and Education Specialists. Classes are facilitated by a registered dietitian, exercise physiologist and health education specialist specifically trained in diabetes management.

**Call (623) 471-9355 or visit [SunHealthWellness.org](http://SunHealthWellness.org) for more information on our programs.**

## DSME/T Eligibility

- › Medicare Part B coverage (fee for service) or Medicare Advantage (MA) Plan
- › Individuals diagnosed with diabetes and/or chronic kidney disease (CKD)
- › Initial year: Up to 10 hours of training within a continuous 12-month period
- › Subsequent years: Up to 2 hours of follow-up training each calendar year after completing the initial 10 hours of training
- › Copayment/coinsurance applies
- › Deductible applies

# Medical Nutrition Therapy (MNT)

Maintaining proper nutrition is a common health challenge affecting older adults. The need for nutrient-rich foods and a healthy diet becomes more of a necessity as we age.

Health professionals agree that individuals dealing with chronic conditions such as diabetes and chronic kidney disease can greatly benefit from proper nutrition along with the expertise and guidance of registered dietitians.

Our Medical Nutrition Therapy program offers:

- A review of your eating habits.
- Nutritional education to help you succeed at home.
- Information on nutrition specific for your health condition(s).
- A personalized nutrition plan.

Call (623) 471-9355 or visit [SunHealthWellness.org](http://SunHealthWellness.org) for more information on our programs.

## DPP Eligibility Requirements

- › Medicare Part B coverage (fee for service) or Medicare Advantage Plan
- › Diagnosed with diabetes or renal disease or had a kidney transplant within the last 36 months
- › Service delivered by a registered dietitian or nutrition professional
- › First year: 2 hours of one-on-one counseling
- › Subsequent years: 2 hours
- › Copayment/Coinsurance waived
- › Deductible waived

“Overall, Medicare beneficiaries who take advantage of their annual MNT benefit may experience weight loss, better control of blood glucose levels, increased energy, lower blood pressure and cholesterol numbers and better management of chronic disease such as diabetes.”

~ Teri Elkins,  
MPH, CHES, Sun  
Health Center for  
Health & Wellbeing  
Practice Manager

# DIABETES EXPO

## 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.

**Friday,  
November 12, 2021  
9 – 11:30 a.m.**

### 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



**Call (623) 207-1703  
to register.**

**For more information, visit  
[SunHealthWellness.org/expo](https://SunHealthWellness.org/expo)**

Event planned as in person and virtual, subject to change depending on local conditions.



# CLASS CALENDAR



Registration Opens  
October 12, 2021



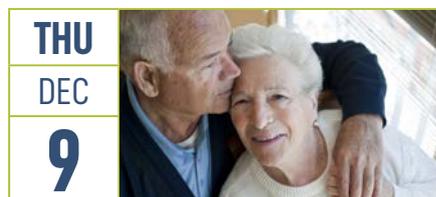
## BONE & JOINT HEALTH

### "Bone" Appetit!

Wednesday, Nov. 3; 3 to 4 p.m.

Strong bones are important for our health and lifestyle. But did you know more than 80% of all fractures in people older than 50 are related to osteoporosis? Sun Health Wellness Specialist Alex Stark, MS, will talk about how exercise and nutrition can help to feed your bones what they need to stay healthy and get stronger.

Location: Zoom



## BRAIN HEALTH

### Cognitive Impairment - What Every Family Needs to Know

Thursday, Dec. 9; 2 to 3 p.m.

Join Dr. Parichita Choudhury to discuss functions of the brain and how they relate to dementia. We will shed light on different types of dementia and how they maybe diagnosed, and briefly discuss which types can benefit from treatment. Finally, we will address how to optimize brain health for everyone.

Location: Zoom

## Location Key

### FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

### GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

### LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

### THE COLONNADE

19116 N. Colonnade Way, Surprise

Classes will be held in person as long as health and safety conditions allow.

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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

Due to the ongoing COVID-19 pandemic, Sun Health continues to offer many of our classes in a hybrid format to allow for both in person or virtual attendance. We offer small group sessions (15 or fewer) for physical fitness classes as well as the Diabetes Prevention Program and the Diabetes Self-Management Education series held in person at The Sun Health Center for Health & Wellbeing.

 Register Online

Beginning October 12, 2021

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

 Register By Phone

Beginning at 8:30 a.m. October 12, 2021

**(623) 207-1703**

except where noted

# CLASS CALENDAR (continued)

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)



## DIABETES

### SPECIAL EVENT – Diabetes Expo

Friday, Nov. 12; 9 to 11:30 a.m.

Gain important knowledge and information from local medical experts in your community so you can stress less about diabetes! Learn about best practices for preventing and managing diabetes, new innovations for treatment and latest trends. See ad on page 10 for more information.

*Location: The Colonnade/Zoom*



### Diabetes Connection Support Group

Mondays, Nov. 15, Dec. 20; 2 to 3 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. Join us to learn from educators and others like you who are encountering and overcoming similar situations.

*Location: Zoom*



### National Diabetes Prevention Program

Wednesday, Dec. 1; 3 to 4 p.m.

Sun Health's National Diabetes Prevention Program is led by a registered dietitian and certified lifestyle coach. This yearlong lifestyle change program uses CDC 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. **Call (623) 471-9355 to register and inquire about insurance coverage.**

*Location: Sun Health Center for Health & Wellbeing*



### Annual Diabetes Self-Management Education

Thursday, Dec. 9; 1 to 3 p.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's team of 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. **Call (623) 471-9355 to register and inquire about insurance coverage.**

*Location: Sun Health Center for Health & Wellbeing*



## HEALTH & WELLBEING

### Medicare 101

Tuesday, Nov. 2; 2 to 3:30 p.m.

Medicare can be confusing. But you've got this! Whether you're new to Medicare or just want a refresher, join Vickie Smith, from Devoted Health, to help you understand the A, B, C, & D of Medicare and what works best for you.

*Location: Freedom Plaza/Zoom*

<b>FRI</b>	
<b>NOV</b>	
<b>5</b>	

**The Fundamentals of Spine Injections:  
What Can an Interventional Pain Physician Do for You?**

**Friday, Nov. 5; 2 to 3 p.m.**

Studies indicate that 75 to 85% of Americans will suffer from back pain in their lives, which accounts for 264 million lost work days annually. Join Omar Syed, MD, to learn what options are available to you when you visit a pain physician.

*Location: Zoom*

<b>WED</b>	
<b>NOV</b>	
<b>17</b>	

**Medical Cannabis and Recreational Marijuana: What's the Difference?**

**Wednesday, Nov. 17; 9:30 to 11 a.m.**

More and more adults are using cannabis for various health conditions, such as chronic pain, insomnia, anxiety, muscle spasms, cancer, dementia and more. Join Veronica Santarelli, CEO of Grassp Health, to learn the difference between recreational and clinical use. You'll also learn the history of cannabis as a medicine, anatomy of the plant, the science of why it acts as a medicine, why medical cannabis is particularly helpful for older adults, the difference between THC and CBD, administration methods, average costs and more.

*Location: Zoom*

**MEMORY CARE**

<b>EVERY WED</b>	
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**Dementia Caregiver Support Group**

**Wednesdays; 3 to 4 p.m.**

This telephone support group is led by Sun Health Wellness's Memory Care Navigator, Marty Finley. **Call (623) 471-9571 enter PIN number 9571. The line will only be active at the scheduled time.**

*Location: By telephone as noted above*

<b>TUE</b>	<b>TUE</b>	
<b>NOV</b>	<b>DEC</b>	
<b>9+23</b>	<b>14+28</b>	

**Memory Café**

**Tuesdays, Nov. 9, 23; Dec. 14, 28; 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. **Call (623) 932-6637 for details.**

*Held virtually & telephonically*

<b>TUE</b>	
<b>NOV</b>	
<b>16</b>	

**The Good, The Bad & The Ugly—Dealing with Caregiver Feelings**

**Tuesday, Nov. 16; 1:30 to 3 p.m.**

Caregivers who care for loved ones with dementia may experience many feelings such as fear, anger, denial and guilt. Join Sun Health Memory Care Navigator Marty Finley, MEd, as she shares why caregivers must take care of themselves and ideas on how to make that happen.

*Location: Grace Bible Church/Zoom*

**Like *LiveWell* Magazine? Get it delivered digitally to your favorite device or a copy mailed to your home. Visit [SunHealthWellness.org/Livewell-magazine](http://SunHealthWellness.org/Livewell-magazine)**

# CLASS CALENDAR (continued)

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)



## Dementia Friends Champion Training

Tuesday, Nov. 30; 2:30 to 4 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*



## Enjoying the Holidays with a Loved One Who Has Dementia

Wednesday, Dec. 15; 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: Lord of Life Lutheran Church/Zoom*



## NUTRITION

### Nutrition, Lifestyle for Weight Loss

Tuesdays, Nov. 9, Dec. 7; 11:30 a.m. to 12:30 p.m.

Come learn a lifestyle approach to weight loss that can help you make simple changes to maintain a healthy weight for life. Banner Health Registered Dietitian, Lauren Pellizzon, MS, RD, will discuss nutrition and lifestyle changes to help with weight loss.

*Location: Zoom*



## Making Healthier Holiday Choices

Friday, Dec. 17; 10 to 11 a.m.

How can I eat healthy during the holidays? Holidays are filled with traditions, favorite meals and foods. Join Sun Health Registered Dietitian Julia Deen to learn more about ways to make small changes and create healthier meals and snacks.

*Location: Zoom*

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.

*With your support, Sun Health builds knowledge and understanding about age-related diseases and ways to prevent, delay and manage their symptoms and impact.*

Visit [SunHealthFoundation.org/generosity](http://SunHealthFoundation.org/generosity) or call (623) 471-8500 to learn more.



## PHYSICAL FITNESS

All 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-session)**

**Monday, Nov. 8; 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 \$ (7-session)**

**Monday, Nov. 8; 9:30 to 10:30 a.m.**

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

### **Tai Chi Essentials \$ (7-session)**

**Monday, Nov. 8; 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.

### **Strength Training \$ (7-session)**

**Monday, Nov. 8; 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

### **Mat Yoga \$ (3-session)**

**Wednesday, Dec. 1; 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 \$ (3-session)**

**Wednesday, Dec. 1; 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.

### **Tai Chi Ruler \$ (3-session)**

**Wednesday, Dec. 1; 11 a.m. to noon**

A little known exercise routine from China that can be done sitting or standing. Using the provided ruler, participants learn several movements designed to move energy (chi) through the body. This is a complete body work geared toward seniors.

### **The Core to Strength \$ (3-session)**

**Wednesday, Dec. 1; 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 \$ (3-session)**

**Friday, Dec. 3; 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)**

**Wednesday, Dec. 29; 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)**

**Wednesday, Dec. 29; 9:30 to 10:30 a.m.**

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

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### **The Core to Strength \$ (8-session)**

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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.

  
**Sun Health**<sup>®</sup>  
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SunHealth.org

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Denver, CO  
PERMIT NO. 5377

Home is where  
*your* heart is.

 **Sun Health**<sup>™</sup>  
COMMUNITIES

SUN HEALTH AT HOME

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

**(623) 227-4663**

**SunHealthAtHome.org**

\*We're keeping you safe with temperature checks upon arrival. Masks and social distancing required.

NOVEMBER

**3**

2 p.m.

NOVEMBER

**16**

2 p.m.

DECEMBER

**2**

2 p.m.

DECEMBER

**7**

10 a.m.

Our meetings are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave. Surprise, AZ 85374

JOIN US FOR

**Sun Health's Diabetes Expo**

Friday, November 12, 2021, from 9 to 11:30 a.m.

 **Sun Health**<sup>™</sup>  
WELLNESS

See page 10 for registration information