

# *LiveWell*

SEPTEMBER/OCTOBER 2024



Sun Health®

**Movement  
is Medicine**



# A Lifestyle WITH YOU IN MIND



Sun Health Communities offers a vibrant and carefree lifestyle, where you can live maintenance-free and have more time for the activities you love. Our three Life Plan Community locations—Grandview Terrace, La Loma Village, and The Colonnade—feature world-class amenities, community clubs and social activities, so you can spend your day doing as much, or as little, as you wish. For those who want to continue enjoying life in their current home, we also offer an exceptional Sun Health At Home® program. Both living options give you the privacy of your own residence and encourage you to live the spectacular life you want.

## Grandview Terrace

Sun City West, AZ

## La Loma Village

Litchfield Park, AZ

## The Colonnade

Surprise, AZ

## Sun Health At Home

*Your Home*



To learn more about Sun Health, scan the QR code to visit  
[SunHealthCommunities.org](https://SunHealthCommunities.org) or call (623) 471-7451

# A NOTE FROM *Kim*



Kim Thompson  
Chief Experience Officer

*"All that is important is this one moment in movement. Make the moment important, vital, and worth living. Do not let it slip away unnoticed and unused" —Martha Graham*

This fall, we are diving into the idea that movement is medicine.

Regular physical activity isn't just about staying fit; it enhances every aspect of our lives, keeping us strong, healthy, and happy. The old physics rule "a body in motion stays in motion" is true. Newton knew it back then, but little did he know we would apply it to longevity!

As we get older, maintaining balance and strength is crucial. Simple exercises can help prevent falls, reduce injury risk, and keep us moving with confidence.

In recognition of Breast Cancer Awareness Month, we are shining a spotlight on Casting for Recovery, an organization that puts health in motion through fly fishing. This program blends the peace of fly fishing with the healing power of gentle movement.

For women with breast cancer, it's a beautiful way to connect with nature, find serenity, and promote healing. Staying active can ease treatment

side effects, boost mood, and improve wellbeing. For survivors, movement is a key part of regaining strength and feeling empowered on their health journey.

Let's not forget about the role of nutrition in overall health. Eating healthy, especially keeping an eye on cholesterol, can make moving easier and more enjoyable. A balanced diet supports weight management and cardiovascular health, helping us feel stronger and more energetic.

We hope this edition inspires you to see movement and nutrition as powerful allies in being your healthiest self. I look forward to hearing about your "movement moments" and the amazing benefits they bring to your mind, body, and spirit.

*Kim Thompson*

Kim Thompson  
Chief Experience Officer  
Sun Health

## LiveWell

SEPTEMBER/OCTOBER 2024, ISSUE 80

### SUN HEALTH

14719 W. Grand Ave.  
Surprise, AZ 85374  
(623) 471-9550

Information@SunHealth.org  
SunHealth.org

### 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

### KIM THOMPSON

Chief Experience Officer

### MICHELLE MARTINEZ

Vice President of Community Operations

### NORA HANNAH

Chief Engagement Officer

### MEGAN WORD

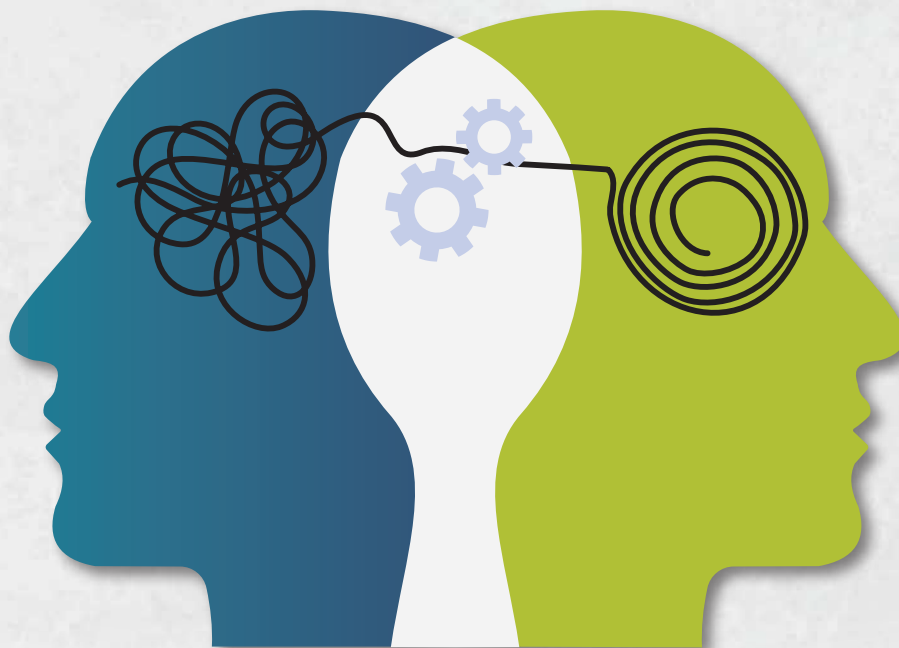
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Sun Health Foundation is a 501(c)(3) Arizona nonprofit organization supporting the health and wellbeing of the West Valley. All donations to Sun Health Foundation are tax deductible. Learn more at: [SunHealthFoundation.org](http://SunHealthFoundation.org)

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# Matter of Balance Begins with **BRAIN MATTER**

**F**or more than 20 years, Dr. Elton Bordenave has been working to keep people on their feet as a fall prevention expert. As the Director of the Falls Prevention Program at A.T. Still University, he teaches the “A Matter of Balance” program, a highly successful, research-based series of classes.

“Fall prevention isn’t just about preventing falls; it’s about maintaining independence and control over one’s life,” Dr. Bordenave explains. “A single fall can drastically alter a person’s physical, emotional, and psychological well-being, as well as that of their caregivers. Most people over 70 who experience a fall are at risk of serious health decline within three years. The core of our work is evidence-based. Programs like ‘A Matter of Balance’ have been shown to reduce the risk of falling. These programs make a real difference and are essential because, unlike other aging challenges, falls are preventable.”

The “A Matter of Balance” class is not an exercise class. “Preventing falls is about more than physical activity; it’s about what goes on between your ears,” says Dr. Bordenave. “Cognitive restructuring is at the heart of our program. We help individuals identify and challenge negative thought patterns and beliefs

and replace them with more positive and realistic ones. Many participants come in with a fear of falling. Sometimes, they don’t even realize they are harboring these fears. And that anxiety drives depression and social isolation. By changing the way they think and approach problems, we help participants regain their lives and independence.”



Dr. Elton Bordenave

The program incorporates mental and physical strategies. Participants learn new ways to perform activities instead of avoiding them. Participants learn balance and strength exercises that are mild but effective when used consistently, but mostly, they help participants overcome the limitations and fears that restrict their lives.

It’s about going beyond merely existing and really living and enjoying yourself. By teaching practical strategies, the program enables attendees to return to activities they once enjoyed safely.



# Regaining Control and Confidence Through 'A Matter of Balance'

Beverly Skaggs, a vibrant 71-year-old, has always been active, spending years on her feet as a factory worker. However, a fall that dislocated her finger became a turning point in her life. "I saw the 'A Matter of Balance' class advertised, and I wondered, what can they do for me at my age?" Beverly says.



Beverly Skaggs

It was a conversation with her sister, who had experienced several falls, which led them to join the program. Skeptical at first, Beverly admits, "We decided to give it a try together, and we ended up learning a lot and having fun."

The initial weeks of the program focused on practical adjustments in daily life. "We learned how our

homes and lives were set up, and it was eye-opening," Beverly says. "One of the best things I learned was how to get up safely if I do fall. We also have rules now to put shoes away and be smart about where we place things. Those new practices include how I move. I do my exercises every day, focusing on arm stretches and back strength. This class taught me more than typical exercise and balance classes."

Understanding the importance of exercises, Beverly learned, "The ankles are the most important joint to keep strong to prevent injuries. We did stretch and strengthening exercises that were easy to incorporate into daily life. Now, I pay more attention to my surroundings and make sure to use ramps or handrails."

Beverly's commitment to the exercises has paid off. One of the most valuable lessons Beverly learned was about the psychological aspect of falling. "Fear of falling can actually make

you fall more. When you're nervous or anxious, your brain isn't working correctly, and it ends up working against you."

Thanks to "A Matter of Balance," Beverly says she feels more in control of her movements and how she takes care of herself. "I want to be in charge of my health. It's the little things that are so important. This class has given me the tools and confidence to stay independent and safe."

## Two ways to enhance your balance and reduce fall risk:

- 1 Register for our fall prevention awareness event on Sept. 25th (details below)
- 2 Register for "A Matter of Balance" class (details on page 12)

## STAND UP *to* FALLING DOWN

A FALL PREVENTION AWARENESS AND SCREENING EVENT

WED., SEPT. 25, 2024  
9 a.m. to noon

Our **10th Annual** Stand Up To Falling Down event will feature expert-led educational presentations and essential fall prevention resources designed to help you stay strong and steady.

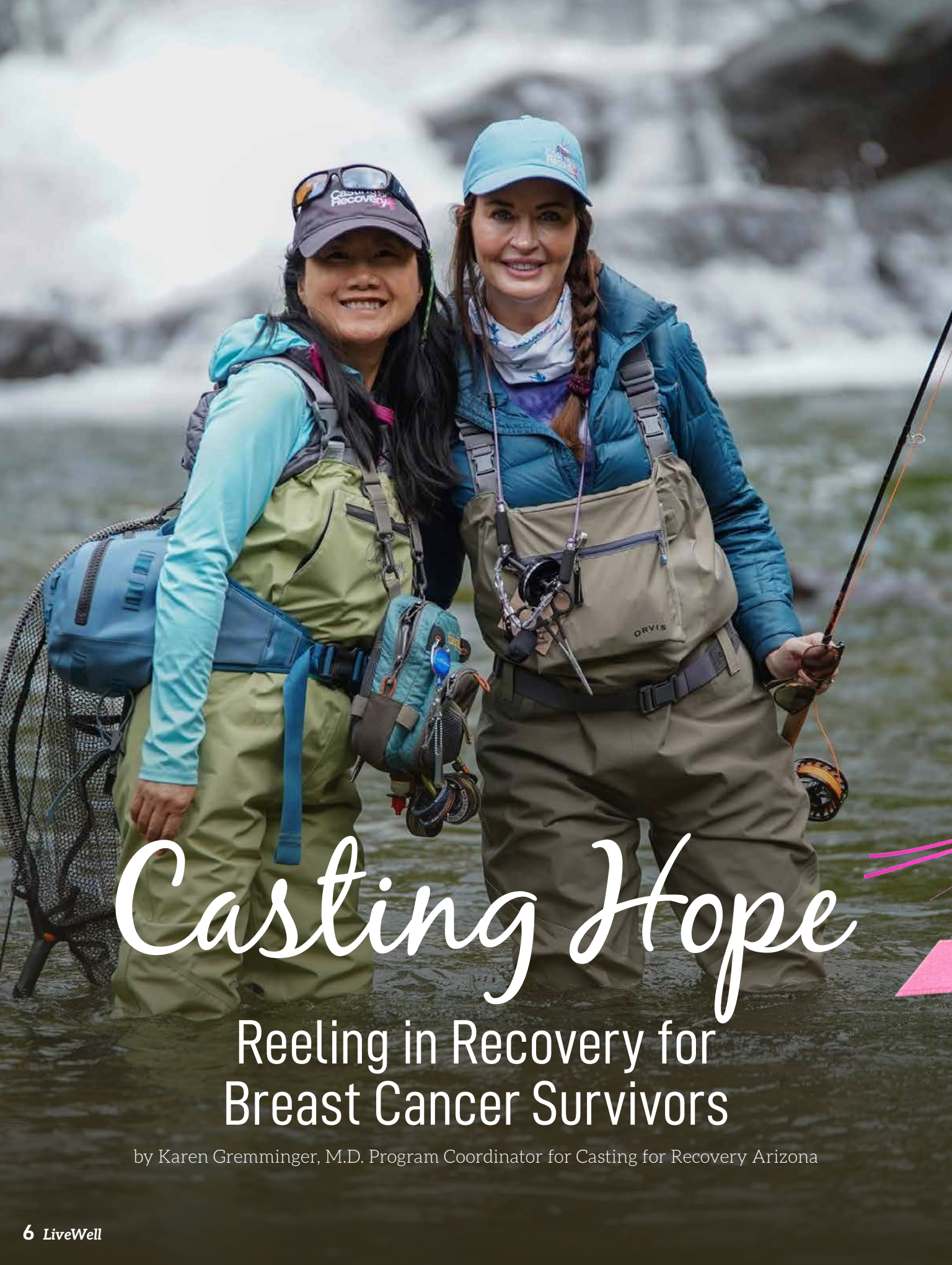
[SunHealthWellness.org/StandUp](https://SunHealthWellness.org/StandUp) or call (623) 471-9355.



In partnership with:







# Casting Hope

## Reeling in Recovery for Breast Cancer Survivors

by Karen Gremminger, M.D. Program Coordinator for Casting for Recovery Arizona



**B**reast cancer is a diagnosis that touches nearly everyone. As we age, the risk increases, bringing fears and uncertainties about the future. A cancer diagnosis can be overwhelming, causing feelings of insecurity, detachment from our bodies, and a barrage of advice from well-meaning friends and family. Many find themselves lost in this whirlwind of emotions and information.

“Casting for Recovery” offers a unique retreat experience for women diagnosed with breast cancer. Open to women at any stage of diagnosis or recovery, these retreats are available across the United States. What sets our retreats apart? We blend the therapeutic benefits of fly fishing with comprehensive medical and psychosocial support. Learning

to cast a fly rod can enhance shoulder mobility, while the tranquility of nature allows participants to focus on the water, the fish, and the sounds around them, free from modern life distractions. Some of the best fishing spots don't even have Wi-Fi!

Each retreat welcomes 14 women, selected at random, to attend at no cost. These women share a common journey with breast cancer, and together they explore new aspects of themselves, share their fears, and try activities they might never have considered before. Beyond fly fishing, our Wellness team provides valuable insights into coping with their experiences and offers both group and individual support.

Participants often arrive on Friday feeling timid and

uncertain. By Sunday, after guided fishing experiences, they leave with a renewed sense of gratitude for the generosity of donors and volunteers, new skills for physical and mental recovery, and the healing power of nature. These women return to their daily lives better equipped to help themselves and support their fellow survivors, strengthened by the special bond they've formed. They no longer feel alone. Many of our volunteers are former retreat participants who wish to give back and support others on this transformative journey.

To learn more about  
“Casting for Recovery”  
or upcoming retreats  
set for 2025, please visit:  
**CastingForRecovery.org**



*Regular annual mammograms are crucial for early detection of breast cancer. Contact your provider today to schedule yours.*

# Cholesterol Clarity:

## Expert Advice from Julia Deen, R.D.

**C**holesterol can be a confusing subject for the average person. It seems like there are news stories on a regular basis explaining what is and isn't good to eat for the cholesterol conscientious, often even contradicting one another. This, paired with misinformation shared on social media, new trendy diets, and fast-talking pharmaceutical commercials, can easily cause feelings of overwhelm.

With September being National Cholesterol Education Month, we sat down with Julia Deen, R.D., the Senior Registered Dietitian at Sun Health Center for Health and Wellbeing, to help answer some frequent questions about cholesterol.

First though, here are the basics on cholesterol:

- Cholesterol is a naturally occurring substance in the human body produced by the liver.
- The body uses cholesterol to build and repair cells, produce hormones, and create bile to digest fats.
- There are two types of cholesterol, low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

### What blood cholesterol levels are considered healthy?

"LDL cholesterol levels are recommended to be under 100mg/dL. HDL cholesterol, considered the happy or good cholesterol, is recommended to be 60mg/dL or above."

### What are some foods that people can easily slip into their diets to help improve their cholesterol levels?

"Consuming fish two times a week and incorporating walnuts, almonds, avocados, and similar foods can help raise HDL levels."

### Are there any "sneaky" foods that people should avoid?

"Hydrogenated oils and partially hydrogenated oils should be avoided. Read the ingredient list!"

### What impact does physical activity have on cholesterol levels?

"Exercise can help raise HDL numbers. A minimum of 150 minutes of physical activity per week is recommended. This can include aerobic, strength training, flexibility, and stability training."

### Is there anything else you want to share?

"Reducing your blood cholesterol levels can lower your risk for heart disease."

Current medical guidelines recommend having cholesterol levels checked at least every four to six years for healthy adults. For men aged 45-65 years and women aged 55-65 years, the National Institutes of Health recommends having cholesterol checked every 1-2 years. Speak with your primary care doctor to review your cholesterol levels. To learn more about healthy eating for cholesterol concerns, and many other conditions, contact Sun Health Center for Health and Wellbeing to schedule an appointment with a dietitian.



I invite you to register for our nutrition and fitness classes found on page 11-15

Julia Deen, R.D.  
Sun Health



# PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Dr. Sara Dhanani  
Neurologist, Movement Disorders Specialist

## Hope and the Human Touch in Movement Disorders

Dr. Sara Dhanani's journey into the world of movement disorders began during her second year of medical school. She fell in love with the complexity of how the brain works. Her passion was further solidified during her neurology residency, where an elective in movement disorders captivated her. Today, because of her niche, she is the doctor to whom patients get referred when their plan of care isn't working anymore.

"Each person's disorder is different, and so is their treatment. I pride myself on customizing treatment for each patient. It's like the old art of medicine, really getting to know someone. I value the human touch," says Dr. Dhanani.

"It's incredibly rewarding to see a patient who was nervous and depressed about their Parkinson's diagnosis become relaxed, smiling, and hopeful. We treat not only the patient but also their families."

One particularly memorable

patient story involves a young woman diagnosed with Parkinson's disease. Years later, her disease had progressed, limiting her physical abilities. She was looking forward to retirement, but her dreams were greatly altered from her original plans.

"After more medications and overcoming her initial fears about deep brain stimulation (DBS), she is now off nearly all meds and back to her normal activities. She said, 'I'm so glad you didn't give up on me. You kept saying, 'Let's just keep talking.' I love being on this journey with my patients,'" Dr. Dhanani says.

Dr. Dhanani is particularly excited about the future of movement disorder treatments. Innovations such as DBS, Botox, and advanced medications are leading the way. She speculates that future therapy will be semi-automatic, with intuitive systems that respond to patients' symptoms. "There's so much hope in the field. We

can improve many symptoms and make patients feel more natural in their movements and activities," she says.

Banner Health's commitment to clinical research is evident in its clinical trials and research on DBS. Thanks to those trials, they are currently awaiting FDA approval for a new drug – providing hope and a promise of new treatments.

### About Dr. Dhanani

Originally from Pakistan, Dr. Dhanani moved to the U.S. in 2004 to complete her neurology residency in Illinois. She then moved to Arizona for a fellowship at the Barrow Neurological Institute and has spent the past decade with Banner Health in the West Valley.

Outside of her professional life, Dr. Dhanani enjoys a busy life with her three daughters. She loves cooking, gardening, and volunteering at the community center.

# DIABETES EXPO



**Wednesday, November 6, 2024 | 9 a.m. - noon**

## The Colonnade

19116 N. Colonnade Way, Surprise, AZ 85374

## Stress Less About Diabetes

Get the knowledge and tools you need to thrive, whether you'd like to learn how to minimize your risk, hear the latest about evolving treatments, or need resources to help you or someone you love optimize managing diabetes. Join us to gain valuable insight at this expert-led event.



## 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

THANK YOU TO OUR PARTNERS



**To register, scan the QR code to visit  
[SunHealthWellness.org/expo](https://SunHealthWellness.org/expo) or call (623) 471-9355**





## DIABETES & NUTRITION

### **Diabetes Self-Management Education** **Starts Thursday, Sept. 5 | 1-3 p.m.**

People with diabetes are living longer, healthier lives. 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, and reducing health risks. The course fee is covered by Medicare and most insurance providers, and requires a physician referral. Register at least two weeks prior to start of the series.

*Location: Sun Health Center for Health & Wellbeing*

### **Understanding the MyFitnessPal App** **Wednesday, Sept. 18 | 2-3 p.m.**

Food and activity tracking can be helpful no matter where you are in your weight loss or healthy eating journey. Research has shown that people who keep daily food records lose twice as much weight as those who do not track. Food tracking can also help reduce sodium and added sugars. Bring a laptop computer or tablet for a hands-on demo by the staff at the Sun Health Center for Health and Wellbeing.

*Location: Sun Health Center for Health & Wellbeing*

### **Annual Diabetes Self-Management Education**

**Tuesday, Sept. 24 | 1-3 p.m.**

This two-hour class is designed for anyone having previously completed the 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. Fee is covered by most insurance plans.

*Location: Sun Health Center for Health & Wellbeing*

### **National Diabetes Prevention Program**

**Starts Thursday, Sept. 26 | 8:30-9:30 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. The fee for this series is covered by Medicare and most insurance providers.

*Location: Sun Health Center for Health & Wellbeing*

Let us know what classes you want to see here in future issues.  
Email us at [information@SunHealth.org](mailto:information@SunHealth.org)



## HEALTH & WELLBEING

### Love the Skin You're In!

**Wednesday, Sept. 4 | 10:30-11:30 a.m.**

Are annual skin cancer screenings important? What is the best sunscreen? Do I really need to moisturize? Certified Physician Assistant Anna Gould from the Skin and Cancer Institute will talk about everything you should be doing to make sure your skin is the best it can be no matter what your age.

*Location: Surprise Senior Center*

### The Science of Mindfulness

**Thursday, Sept. 5 | 1-2 p.m.**

What is mindfulness and how does it work to help us reduce stress and enhance wellbeing? Ann Sebren, ASU teaching professor and certified mindfulness teacher-professional, will talk about the science that explains how mindfulness can change our brain, change our perceptions, and change our hearts.

*Location: Sierra Winds*

### Common Foot Issues in Older Adults

**Tuesday, Sept. 10 | 10:30-11:30 a.m.**

Our feet change as we get older, so you may be encountering new foot issues with each step. Dr. Dylan Kaumaya will be discussing three main foot issues as we age: skin and nail conditions, structural deformities and diabetes and foot health.

*Location: United Church of Sun City*

### Medicare 101: Understanding Benefits and Updates

**Tuesday, Sept. 17 | 1:30- 2:30 p.m.**

This Medicare education event will cover all aspects of your Medicare benefits- enrollment periods, penalties, the different parts of Medicare, supplemental and advantage plan differences and Medicare and veteran's benefits. Derrick Cooper of ASC Insurance will also provide updates on the changes being made in the coming year.

*Location: Grace Bible Church*

### Medicare 101: Understanding Benefits and Updates

**Friday, Sept. 20 | 10-11 a.m.**

This Medicare education event will cover all aspects of your Medicare benefits- enrollment periods, penalties, the different parts of Medicare, supplemental and advantage plan differences and Medicare and veteran's benefits. Derrick Cooper of ASC Insurance will also provide updates on the changes being made in the coming year.

*Location: The Colonnade*

### Common Foot Issues in Older Adults

**Monday, Sept. 23 | 1- 2 p.m.**

Our feet change as we get older, so you may be encountering new foot issues with each step. Dr. Dylan Kaumaya will be discussing three main foot issues as we age: skin and nail conditions, structural deformities and diabetes and foot health.

*Location: Faith Presbyterian Church*



## A MATTER OF BALANCE

**8-Week series begins Friday, Jan. 17 | 1-3 p.m.**

Are you concerned about falling or have you fallen in the past? Have you restricted activities because you fear falling? This eight-week, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

*Locations vary.*



Registration begins:  
Aug. 13, 2024 at 8:30 a.m.



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



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



## HEALTH & WELLBEING

### AARP Safe Driving Class

**Tuesday, Sept. 24 | 9 a.m.-1 p.m.**

Designed especially for drivers age 50-plus, the AARP Smart Driver Course is intended to help drivers live more independently as they age and remain safe on today's roads. Pre-registration is required. The fee is \$20 for AARP members and \$25 for nonmembers, payable by check only. Please bring driver's license and a check made payable to AARP to the session.

*Location: Crown of Life Lutheran Church*

### Common Foot Issues in Older Adults

**Wednesday, Oct. 2 | 10:30-11:30 a.m.**

Our feet change as we get older, so you may be encountering new foot issues with each step. Dr. Dylan Kaumaya will be discussing three main foot issues as we age: skin and nail conditions, structural deformities and diabetes, and foot health.

*Location: Surprise Senior Center*

### Hospice and Palliative Care

**Wednesday, Oct. 16 | 9:30-10:30 a.m.**

Hospice and Palliative Care are both forms of comfort care, but there are differences. Yvette Gomez, Community Liaison of Everest Hospice will explain these differences in the specialized approach to care, who can benefit from services, who makes up the health care team, and where care is provided.

*Location: Lord of Life Lutheran Church*

## 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 Dr., 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 Dr., Sun City, AZ

### GRANDVIEW TERRACE HEALTH & REHAB 14505

W. Granite Valley Dr., Sun City West, AZ

### LORD OF LIFE LUTHERAN CHURCH

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

### PORA

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

### SALVATION ARMY

17420 N. Avenue of the Arts, Surprise, AZ

### SIERRA WINDS

17300 N. 88th Ave., Peoria, AZ

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

### SURPRISE SENIOR CENTER

15832 W. Hollyhock St., Surprise, AZ

### UNITED CHURCH OF SUN CITY

11250 N. 107th Ave., Sun City, AZ

Classes with this icon  have an associated fee.



## BRAIN & MEMORY HEALTH

### **Dementia Caregiver Support Group** **Wednesdays, Sept. 4 and Sept. 18, Oct. 2 and Oct. 16 | 3-4 p.m.**

Caring for a loved one with dementia can be challenging, but you don't have to face it alone. Sun Health's Memory Care Navigator team invites you to join the Dementia Caregiver Support Group, which offers a welcoming and understanding community where you can find comfort, guidance, and a renewed sense of strength. If you are a family member or friend caring for an individual with dementia, please join us to share your experiences, learn new approaches, and gather community resources.

*Location: Grandview Terrace Health and Rehab*

### **Dementia and Hospice Care** **Wednesday, Sept. 18 | 9:30-10:30 a.m.**

Hospice has long been known for the ability to provide comfort and dignity throughout the dying process. Unlike other serious illnesses, Alzheimer's disease and related dementias are extremely difficult to categorize into the neat stages of progression that are typically used to determine whether hospice care is appropriate. Jazmin Jimenez, RN of Everest Hospice will explain the benefits of hospice care, describe the support and services provided and how to manage the end-of-life journey.

*Location: Lord of Life Lutheran Church*

### **Memory Café** **Tuesdays, Sept. 24 and Oct. 22 | 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*

### **Dementia: Behavioral Changes with Disease Progression** **Friday, Sept. 27 | 10-11 a.m.**

In honor of Alzheimer's Awareness Month, join us for an informative presentation by Anna Burke, M.D., Medical Director of the Alzheimer's and Memory Disorders Division at Barrow Neurological Institute. Dr. Burke's expertise includes the treatment of challenging behavioral and psychiatric disturbances that result from neurological conditions. Gain insights into current dementia care, the latest research advancements, and how to better support those affected.

*Location: The Colonnade*

### **Dementia Friends Info. Session** **Tuesday, Oct. 15 | 1:30-2:30 p.m.**

Arizona will experience the largest increase in persons developing Alzheimer's and related dementias over the next five years. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend. Lead by Dementia Friends Champions, you will walk away with the tools to implement YOUR Dementia Friendly Community.

*Location: Grace Bible Church*

### **Dementia and Challenging Behaviors** **Monday, Oct. 28 | 1-2 p.m.**

Living in the reality of a person with dementia can be a challenge when their view of the world is different from ours. Using "Yes, and" skills adapted from improv can help validate their feelings and experiences without agreeing. In this interactive session, Michelle Cornelius, MSW, EdM from Hospice of the Valley will teach you how to understand and respond without causing a conflict.

*Location: Faith Presbyterian Church*



Registration begins:  
Aug. 13, 2024 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.

### **Mondays, 8-Week Series**

#### **Chair Yoga Plus**

**Starts Oct. 28 | 9:30-10:30 a.m.**

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

#### **Tai Chi Essentials**

**Starts Oct. 28 | 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**

**Starts Oct. 28 | 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.

### **Wednesdays, 8-Week Series**

#### **Balance: Mind & Body**

**Starting Oct. 16 | 9:30-10:30 a.m.**

Learn breathing, relaxation, attune your mind, balance your body, and move according to the ancient disciplines of Tai Chi, Chi-Gong, yoga, and meditation.

#### **Tai Chi Essentials**

**Starting Oct. 16 | 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**

**Starting Oct. 16 | 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.

### **Fridays 8-Week Series**

#### **Strength Training**

**Starting Oct. 25 | 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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Visit [SunHealthWellness.org/Livewell-magazine](https://SunHealthWellness.org/Livewell-magazine)



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SunHealth.org

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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:

SEPT  
**12**  
10 a.m.

SEPT  
**17**  
1:30 p.m.

OCT  
**10**  
10 a.m.

OCT  
**22**  
1:30 p.m.



SUN HEALTH AT HOME

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