

# *LiveWell*

NOVEMBER/DECEMBER 2024

## Healthy Holidays & Diabetes Awareness



Sun Health®

# 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

# A NOTE FROM *Kim*



Kim Thompson  
Chief Experience Officer

*"Health is the greatest gift,  
contentment the greatest wealth,  
faithfulness the best relationship."*

—Buddha

As we approach the holiday season, it's the perfect time to focus on our health and wellbeing. In this issue of *LiveWell*, we bring you a range of topics about Healthy Holidays to help you stay healthy and energized during this busy time.

We start with a discussion about diabetes and heart health with Dr. Rahul Sharma, our featured Diabetes Expo speaker. Managing these conditions is especially important as we navigate the indulgences of the holidays.

Next, Julia Deen, R.D. shares tips on Savoring Healthier Holidays. Enjoy your favorite festive foods without compromising your health by making mindful choices that still allow you to indulge in the season's delights.

Our Practitioner Spotlight shines on Dr. Pedro Rodriguez, whose holistic approach to geriatric care at True Care MD is making a significant difference in the lives of his patients. His dedication to personalized care is truly inspiring.

Finally, we address Avoiding Holiday Burnout. The holidays can be stressful, but with some practical strategies, you can stay balanced and enjoy the season to the fullest.

Wishing you a joyful and healthy holiday season!

*Kim Thompson*

Kim Thompson  
Chief Experience Officer  
Sun Health

## LiveWell

NOVEMBER/DECEMBER 2024, ISSUE 81

### SUN HEALTH

14719 W. Grand Ave.  
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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

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# Diabetes and

**N**avigating festivities and food during the holidays can be challenging for anyone, but especially for those with diabetes, who have an elevated risk for heart disease and stroke.



Rahul Sharma, MD

"Diabetes causes high blood sugar levels because the pancreas doesn't produce enough insulin," says Cardiologist Rahul Sharma, MD, with Cardiac Solutions. "High blood sugar levels create plaques, damaging blood vessels. This causes inflammation that can lead to stroke, heart attack, and kidney disease."

The good news is that diabetes is a controllable risk factor. "While you can't eliminate the possibility of damage completely, controlling your diabetes reduces your risks dramatically," Dr. Sharma says. "Early recognition, aggressive

management, and treatment are vitally important."

Dr. Sharma suggests several ways to reduce your risk factors:

- **Control A1C Levels** – Know your A1C number, which indicates your average blood sugar level for the past three months. Ideally, your A1C should be less than 7%. A primary care physician or an endocrinologist can prescribe this blood test, which should be done every six months.
- **Nutrition, Diet, and Exercise** – You should consult with nutritionists



# Heart Health

and dietitians specializing in diabetes management who can advise you on healthy eating, menus, and food preparation. Plan to get 30 to 40 minutes of exercise four to six times per week.

- **Prioritize Foot Care** – Diabetes causes blood vessels to narrow and harden, resulting in poor circulation that can lead to foot complications. Seeing a podiatrist at least once a year is important to check for fungus, open wounds, and signs of infection.
- **Control Neuropathy** – Numbness or tingling in the hands and feet is a

sign of neuropathy, which is a painful diabetes complication that causes nerve damage. Staying active with exercises that move the arms and legs and enhance joint range of motion can help. It's also important to see a neurologist if you suspect you have neuropathy.

Regulating blood sugar is critical for those with diabetes, and prioritizing heart health requires equal attention. Diet, physical activity, regular visits with your care team and positive lifestyle changes can help to manage or prevent cardiovascular disease, including heart attack and stroke.

There are two opportunities to make a difference—for yourself or those you love affected by diabetes, heart disease, or stroke:

## **Diabetes Expo Wednesday, Nov. 6**

*Discover the latest in diabetes care and management.*

See page 2 for details

## **West Valley Heart Walk Saturday, Nov. 16**

*Every step brings us closer to ending heart disease and stroke.*

See page 14 for details.



# Savoring Healthier Holidays

**C**elebrating the holidays, facing cookie exchanges, parties, and family dinners can quickly derail a healthy lifestyle. Staying on track can be challenging but not impossible, according to Julia Deen, R.D., Senior Registered Dietitian and Certified Diabetes Educator.

"It's easy to get caught up in feasts and treats and lose track of healthy eating habits," Julia says. "The following tips can help you enjoy healthier holidays."



**Think Ahead** – Don't skip meals, which could lead to overeating. Eat a healthy snack like fresh fruit before attending parties. Offer to contribute a healthy dish at potlucks. If you are hosting, provide or ask guests to bring containers to take home leftovers.



**Recipe Modifications** – Substitute healthier options like plain Greek yogurt instead of sour cream. Replace half of the white flour with wheat. Reduce sugar quantities by a third or even a half. Substitute applesauce in place of oil (half cup oil; half cup applesauce) while still enjoying taste and texture.

**Plate Size and Portions** – Use a 9" instead of an 11" plate. Portion sizes for meat/poultry should be 4 ounces or the size of your open palm; 1 cup or the size of your fist for starches.



**Keep Active** – Instead of sit-down gatherings, involve some sort of activity. Suggest a walk after eating a large meal or decadent dessert.



**Slow Down** – Take time to savor your food. Eating slowly gives your stomach time to signal your brain that you are full. Focus on socializing and conversation rather than eating.

**Limit Alcohol** – If you choose to drink alcohol, do so in moderation. Alternate alcohol with water, tea, or seltzer.



Simple adjustments can provide you with the recipe for healthfully navigating the holiday season. Consider including the following healthy snack mix in your celebrations this year (see side bar).

Learn more through nutritional counseling offered by Sun Health Wellness, which is covered by a variety of insurance plans. Contact (623) 471-9355 to schedule.



## SNACK MIX

10 servings; ½ cup per serving

### Ingredients

- 2 cups whole grain Cereal
- 1 cup old-fashioned oats
- ½ cup almonds, unsalted
- ½ cup walnuts, unsalted
- 1 tsp. ground Cinnamon
- ¼ tsp. ground nutmeg
- 1 tsp. vanilla extract
- 1 tbsp. water
- ½ cup raisins, no sugar added
- ½ cup dried cranberries, no sugar added

### Directions

1. Preheat oven to 325 degrees.
2. Mix cereal, oats, almonds, walnuts, cinnamon, and nutmeg together in a large bowl. Stir water and vanilla extract into oat mixture; spread onto a baking sheet.
3. Bake In preheated oven, stirring every 15 minutes, until golden brown and crunchy, about 30 minutes; transfer to a bowl. Stir in raisins and cranberries.
4. Store In airtight container.

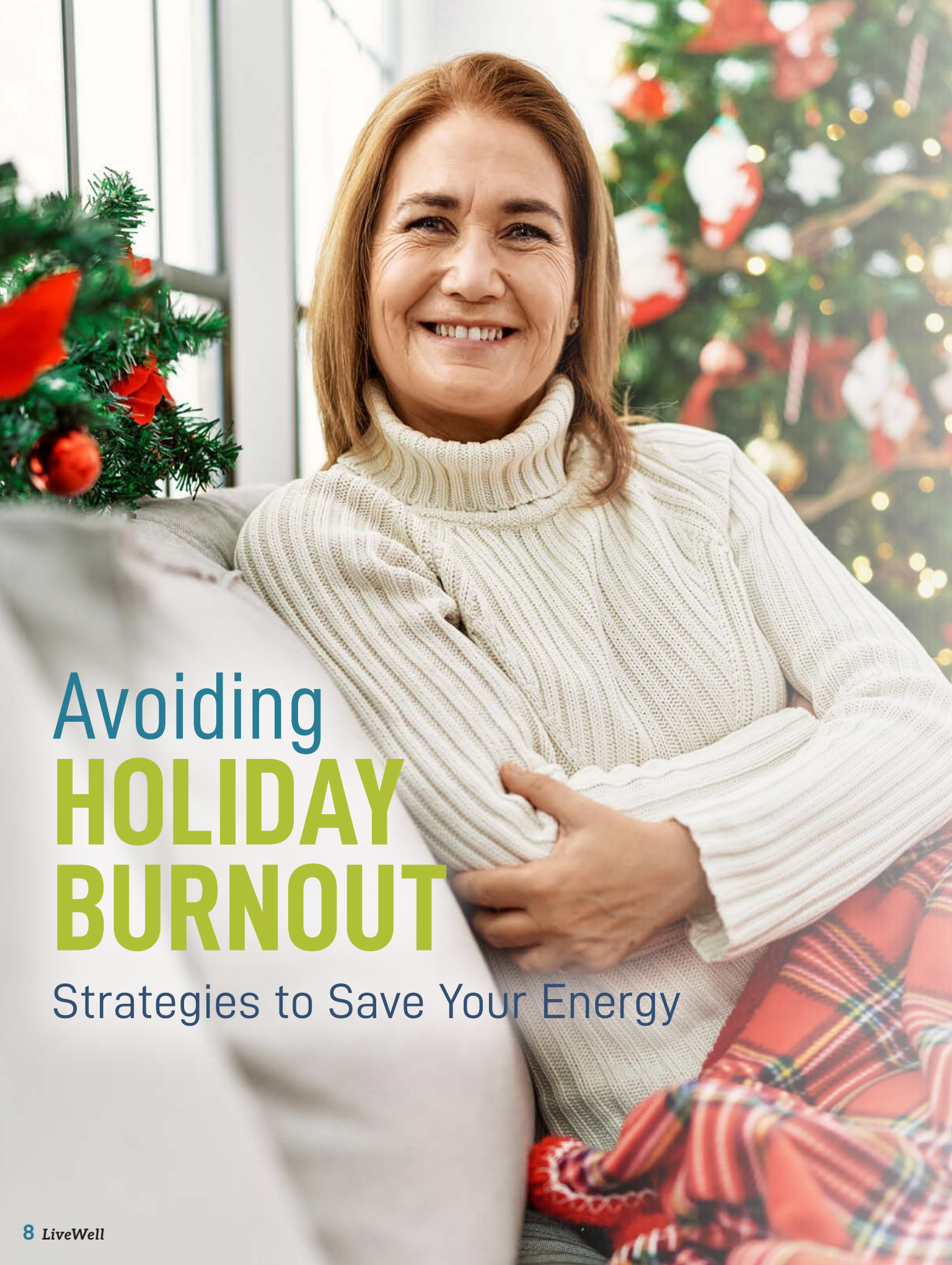
### Nutrition Facts

Calories .....	149
Total Fat .....	7.0 Grams
Saturated Fat.....	0.5 Grams
Trans Fat .....	0 Grams
Polyunsaturated Fat .....	3.5 Grams
Monosaturated Fat .....	2.5 Grams
Cholesterol .....	0 Mg
Sodium .....	33 Mg
Carbohydrates .....	20 Grams
Dietary Fiber .....	4.0 Grams
Total Sugars .....	6.0 Grams
Protein .....	4.0 Grams

### Dietary Exchanges:

1 Starch, 1 Half Fruit, 1 Fat



A woman with long, light brown hair is smiling warmly at the camera. She is wearing a white, ribbed turtleneck sweater. She is sitting on a light-colored sofa, with her arms crossed. In the background, a Christmas tree is decorated with red and white ornaments, gold lights, and white snowflake decorations. A red and white plaid blanket is draped over the sofa. The overall atmosphere is cozy and festive.

# Avoiding **HOLIDAY BURNOUT**

Strategies to Save Your Energy



"The most wonderful time of the year" can be exhausting for many, including those with chronic health conditions.

"Individuals with chronic illnesses have limited energy to complete the tasks of daily living, without the additional burdens of holiday preparations," says Erin Richardson, OTD, OTR/L, Sun Health's Corporate Director of Healthy Aging and Functional Ability Program. This program aims to create environments and opportunities to support healthy aging for residents of Sun Health communities.

"Energy conservation manages fatigue for chronic conditions, but anyone can practice it to prevent burnout from busy holiday schedules," Erin says. "Practicing the 4 Ps – Prioritize, Plan, Pace, and Position – can help you conserve energy and engage in holiday festivities to your fullest level."



Erin Richardson, OTD, OTR/L

**Prioritize** – Decide what's most important to accomplish that day and what can be accomplished later. Complete priorities when you have the most energy.

**Plan** – Don't plan to accomplish too many "heavy" tasks (grocery shopping, vacuuming) in one day. Alternate heavy tasks with lighter tasks. Incorporate time to rest.

**Pace** – Rest often and before you feel too tired. If you plan on cleaning, separate those tasks into segments throughout the day, with breaks in between. If you want to attend an evening event, perhaps you don't participate in an afternoon activity, or plan a rest break.

**Position** – Sit whenever possible. Use a stool while you brush your teeth or wash your face. If completing a holiday craft or baking, sit at the kitchen counter. Equally important, gather all the tools you need for the task in one place.

"These are very simple concepts," Erin says. "By practicing these habits during the holidays, you'll notice a difference in your energy and be able to enjoy the holiday activities that are most important to you."

Sun Health offers a variety of wellness classes to support you in living a longer, healthier, and more purposeful life.

Learn more at [SunHealthWellness.org/classes](https://SunHealthWellness.org/classes) or by calling (623) 471-9355.



# PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Pedro Rodriguez, MD, FACP  
Medical Director

## An Advocate for Holistic Geriatric Care

Pedro Rodriguez, MD, FACP, the Medical Director of True Care MD, is exactly what you want in a physician: committed and compassionate, particularly in geriatrics.

"Being a doctor is demanding but extremely rewarding," Dr. Rodriguez says. "The trust I earn from my patients is something I treasure and work hard to never let down. I always respect their wishes and never stop until we come up with a plan to achieve their best health possible."

Dr. Rodriguez's journey in medicine began in Paraguay, where he developed an early interest in the complexities of aging and the nuanced care of older adults. In 1996, he moved to the United States for advanced

medical training, then relocated to a warmer climate in a community where he could continue his passion for the complex care of older adults.

"Early in my training, I sensed a lack of mindful care for older adults. My own sense of aging and my desire to receive dignified, personalized care as I age, keeps me vigilant and eager to improve care for all my patients," Dr. Rodriguez says.

At True Care, for each patient's unique needs, a team of practitioners is established to provide overall care with a high level of monitoring. This partnership involves nutrition, physical exercise, therapy, and medications. According to Dr. Rodriguez, the key to success is

ensuring the patient fully agrees with their treatment plan, which allows for the best possible outcomes.

Dr. Rodriguez says he is particularly excited about recent developments in diabetes care.

"The improvements in Type 1 and Type 2 diabetes management, especially with continuous on-demand glucose monitoring and GLP-1 agonists, are incredible," he says. These advancements not only impact metabolic pathways but also have positive effects on cardiovascular and kidney health.

"I am your physician," Dr. Rodriguez says. "You are your best healer."





## DIABETES & NUTRITION

### Diabetes Prevention Program (DPP) – Information Session

**Friday, Nov. 1 | 10-11 a.m.**

Small changes to your lifestyle can help prevent or delay diabetes, even if you've been diagnosed with prediabetes. The Diabetes Prevention lifestyle change program can help you lose weight, become more physically active, and reduce stress. Join Sun Health's nutritionist Sarah Fagus for an in-depth presentation and discussion on how you can lower your risk of developing Type 2 diabetes.

*Location: Life in Christ Lutheran Church*

### National Diabetes Prevention Program Starts Wednesday, Nov. 13 | 8:30-9:30 a.m.

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This year long 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. The fee for this series is covered by Medicare and most insurance providers.

*Location: Sun Health Center for Health & Wellbeing*

### Diabetes Self-Management Education (DSME) – Information Session

**Wednesday, Nov. 13 | 10-11 a.m.**

If you have Type 2 diabetes, you can live a long, healthy life by having a strong support system and managing it with your diabetes care team. The Diabetes Self-Management Education program is designed to help you thrive as you learn about the many ways to improve your health. Join Sun Health's Certified Diabetes Educator Julia Deen, R.D. to learn more about the benefits of the program.

*Location: Life in Christ Lutheran Church*

### Annual Diabetes Self-Management Education

**Tuesday, Dec. 3 | 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. Please call (623) 471-9355 to register. Fee is covered by most insurance plans.

*Location: Sun Health Center for Health & Wellbeing*

### Healthy Holidays!

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

Holidays are filled with traditions and favorite foods. How can you eat healthy during the holidays? Sun Health's Registered Dietitian Julia Deen, RD and Nutritionist Sarah Fagus will be sharing tips on how to make small changes and create healthier meals and snacks during the holiday season.

*Location: Surprise Senior Center*

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

We offer small group sessions 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

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

Beginning Oct. 15, 2024




### Register By Phone

**(623) 471-9355** *except where noted*

Beginning at 8:30 a.m.

Oct. 15, 2024

Classes with this icon  have an associated fee.

# CLASS CALENDAR



## BRAIN & MEMORY HEALTH

### **Dementia Caregiver Support Group** **Wednesdays, Nov. 6 and Nov. 20, Dec. 4** **and Dec. 18 | 3-4 p.m.**

Caring for a loved one with dementia is 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, a welcoming community offering comfort, guidance, and renewed strength. If you're caring for someone with dementia, join us to share experiences, learn new approaches, and access resources.  
*Location: Grandview Terrace Health and Rehab*

### **Effective Communication Strategies** **Tuesday, Nov. 12 | 10:30-11:30 a.m.**

Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communication requires patience, understanding and good listening skills. Margo De Long will teach you how to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help connect and communicate at each stage of the disease. This presentation is offered by the Alzheimer's Association, Desert Southwest Chapter.  
*Location: United Church of Sun City*

### **Non-Pharmacological Approaches to Alzheimer's Prevention** **Friday, Nov. 15 | 10-11 a.m.**

Alzheimer's disease is a complex neurodegenerative disorder with no definitive cure. However, growing research shows that lifestyle and non-pharmacological interventions play a critical role in delaying its onset and progression. Brian Browne, Dementia & Aging Expert from Cognitive Care Management, will explore non-pharmacological strategies that show promise in reducing Alzheimer's risk, focusing on holistic, evidence-based approaches to brain health.  
*Location: Lord of Life Lutheran Church*

## Understanding Dementia

**February 19, 2025**  
**9 a.m. - noon**

*The Colonnade,  
19116 N. Colonnade Way in Surprise*

Join us for a presentation by Maribeth Gallagher as she shares evidence-based skills to help people with dementia and their care partners **live well**. Research shows that education and support are key to managing dementia's challenges:



- Understanding dementia's progression
- Tips to reduce stress and improve well-being
- Strategies for communication/meaningful connection
- Vital role of care partners



PRESENTED BY



**Sun Health**

**To register: [events1@hov.org](mailto:events1@hov.org) (602) 636-5393**



Registration begins:  
Oct. 15, 2024 at 8:30 a.m.



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



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



## BRAIN & MEMORY HEALTH

### Managing Money: A Caregiver's Guide to Finances

**Wednesday, Nov. 20 | 1:30-2:30 p.m.**

If you or someone you know is affected by Alzheimer's disease or dementia, the time for planning is now. Edward Givens will explain how caregiving affects finances, the legal and financial documents that should be put in place, and steps to lower the chances of financial abuse and fraud. This presentation is offered by the Alzheimer's Association, Desert Southwest Chapter.

*Location: Lord of Life Lutheran Church*

### Non-Pharmacological Approaches to Alzheimer's Prevention

**Friday, Nov. 22 | 10-11 a.m.**

Alzheimer's disease is a complex neurodegenerative disorder with no definitive cure. However, growing scientific research reports that lifestyle and non-pharmacological interventions play a critical role in delaying the onset and progression of Alzheimer's. Brian Browne, Dementia & Aging Expert from Cognitive Care Management, will explore various non-pharmacological strategies that have shown great promise in reducing the risk of Alzheimer's, focusing on holistic, evidence-based approaches to brain health.

*Location: The Colonnade, a Sun Health Community*

### Memory Café

**Tuesday, Nov. 26 | 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*

### Healthy Living for Your Brain & Body: Tips from the Latest Research

**Monday, Dec. 16 | 2-3 p.m.**

Healthy aging starts with forming healthy habits! Tiffany Hughes, PhD, MPH, Assistant Professor at Midwestern University, will talk about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about strategies and hands-on tools to help you incorporate these recommendations into a place for healthy aging. This presentation is offered by the Alzheimer's Association, Desert Southwest Chapter.

*Location: Crown of Life Lutheran Church*



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



## Advanced Directives

**Tuesday, Nov. 5 | 2-3 p.m.**

Advance care planning is a facilitated process for future health and personal care. These conversations ensure a person's beliefs, values, and preferences are understood and documented to guide decision-making when they are unable to express their wishes. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry, will help you design a plan that honors your end-of-life healthcare wishes.

*Location: Freedom Plaza*

## Common Foot Issues in Older Adults

**Thursday, Nov. 7 | 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: Sierra Winds*

## Hip and Knee Pain

**Monday, Nov. 18 | 2-3 p.m.**

Joint health of the hips and knees are important and can determine your ability to move about freely and easily. These joints are most affected by arthritis and other painful conditions and can limit range of motion. Please join Dr. Irshad Shakir of Desert Orthopedic Center, as he describes how to ease hip and knee pain through non-surgical options.

*Location: Crown of Life Lutheran Church*

## What is Heart Failure?

**Tuesday, Nov. 19 | 1:30-2:30 p.m.**

Approximately 5.7 million Americans are living with heart failure today. Heart failure is one of the most common reasons people aged 65 and older go into the hospital. Please join Dr. Rahul Sharma of Cardiac Solutions as he discusses what heart failure is, the symptoms, and treatment options.

*Location: Grace Bible Church*

## Thankful Hearts are Healthy Hearts:

**Exploring the Practice of Gratitude**

**Thursday, Nov. 21 | 10-11 a.m.**

Please join Reverend Andrew Moore, Sun Health Corporate Director of Spiritual Life, in discussing how the simple act of giving thanks can profoundly transform our spiritual, emotional, and physical well-being.

*Location: The Colonnade, a Sun Health Community*

## Stroke: Recovery, Care and Prevention

**Tuesday, Dec. 3 | 2-3 p.m.**

Stroke is a leading cause of disability and affects the mental, emotional and physical health of a survivor's life. Tara Lakes, OTR/L, from Banner Rehabilitation Hospital will discuss how occupational therapy helps stroke survivors to regain independence with their daily activities by setting meaningful goals.

*Location: Freedom Plaza*

## Love the Skin You're In!

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

Are annual skin cancer screenings important? What is the best sunscreen? Do I really need to moisturize? Certified Physician Assistant Tymothi Claude 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: Sierra Winds*



**Sat., Nov. 16, 2024**

Goodyear Civic Square  
1900 North Civic Square

Scan here to register  
or join a team.

**Festival Begins  
9 a.m.**

**Walk Begins  
10 a.m.**

<https://bit.ly/wv-heart-walk>





Registration begins:  
Oct. 15, 2024 at 8:30 a.m.



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



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



## HEALTH & WELLBEING

### Therapeutic Approaches to Conserving Energy

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

The most wonderful time of the year can also be exhausting, especially if you have a chronic condition. Tara Lakes, OTR/L from Banner Rehabilitation Hospital will teach you about the principles of energy conservation and how to get more done while managing fatigue.

*Location: United Church of Sun City*

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

**Wednesday, Dec. 11 | 10-11 a.m.**

Diabetic peripheral neuropathy is a condition that causes pain and numbness in the legs and feet. Please join Dr. Omar Syed from Canyon Pain and Spine as he discusses how managing diabetes and new treatment options can relieve symptoms of diabetic peripheral neuropathy.

*Location: American Lutheran Church*

### Advanced Directives

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

Advance care planning is a facilitated process of planning for future health and personal care. Advance care planning conversations help to ensure that a person's beliefs, values, and preferences are understood, and then documented, so that they are in place to guide future decision-making at a time when a person is unable to make their wishes known to their healthcare team. Carla Sutter, MSW, of the Arizona Healthcare Directives Registry will help you design a plan that honors your end-of-life healthcare wishes.

*Location: Grace Bible Church*

### Love the Skin You're In!

**Thurs Dec. 19 | 10-11 a.m.**

Are annual skin cancer screenings important? What is the best sunscreen? Do I really need to moisturize? Certified Physician Assistant Tymothi Claude 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: Grandview Terrace*

## 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

#### 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.



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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.

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

NOV  
**12**  
10 a.m.

NOV  
**19**  
1:30 p.m.

DEC  
**12**  
10:30 a.m.



SUN HEALTH AT HOME



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

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