

# LiveWell

SEPTEMBER/OCTOBER 2025

Join Us  
Nov. 13–14  
for Sun Health's  
LiveWell  
Conference

*See page 6*



Sun Health®

A Lifelong  
Approach to  
Chronic Disease  
Prevention





# *A Lifestyle* **WITH YOU IN MIND**

At Sun Health Communities, you'll enjoy a vibrant, low-maintenance lifestyle, where you can live carefree and have more time for the activities you love. Our four Life Plan Community locations—Freedom Plaza, 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.

## **Freedom Plaza**

Peoria, AZ

## **Grandview Terrace**

Sun City West, AZ

## **La Loma Village**

Litchfield Park, AZ

## **The Colonnade**

Surprise, AZ

**To learn more about Sun Health, visit  
[SunHealthCommunities.org](http://SunHealthCommunities.org) or call (623) 471-7451.**

# A NOTE FROM *The Editor*



Nora Hannah  
Chief Engagement Officer



Kim Thompson  
Chief Experience Officer

At Sun Health, we believe aging well is about more than just living longer. It's about living with purpose, energy, and connection. In this issue of *LiveWell*, we explore how small changes and proactive care can have a lasting impact on your health.

You will read about the importance of recognizing chronic conditions early and how lifestyle choices can lower your risk for serious illnesses like heart disease, cancer, and kidney disease. These stories are reminders that prevention and awareness can help you stay well and feel your best.

We are also thrilled to share a preview of our first-ever *LiveWell Conference*. It's a two-day event dedicated to helping you live smarter and stronger. Headlining the conference are Arthur C. Brooks, bestselling author and happiness expert, and Maddy Dychtwald, a leading voice in the longevity movement.

Our goal for the *LiveWell Conference* is to deepen our connection with the community and engage with those who are actively investing in their physical, cognitive, social, and emotional well-being. At the forefront of this movement is our Chief Engagement Officer, Nora Hannah. Her passion for vibrant longevity and purposeful living makes her the ideal leader for both the conference and *LiveWell Magazine*. I'm proud to pass the editorial baton into her capable and visionary hands.

Here's to living well,

*Kim Thompson*

Kim Thompson  
Chief Experience Officer  
Sun Health

## LiveWell

SEPTEMBER/OCTOBER 2025, ISSUE 86

### SUN HEALTH

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Surprise, AZ 85374  
(623) 471-9550  
Information@SunHealth.org  
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### SUN HEALTH WELLNESS

(623) 471-9355  
SunHealthWellness.org

### SUN HEALTH AT HOME

(623) 227-4663  
SunHealthAtHome.org

### SUN HEALTH COMMUNITIES

(623) 236-3767  
SunHealthCommunities.org

### SUN HEALTH FOUNDATION

(623) 471-8500  
SunHealthFoundation.org

### KIM THOMPSON

Chief Experience Officer

### NORA HANNAH

Chief Engagement Officer

### MEGAN WORD

Vice President of  
Marketing & Communications

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](https://SunHealthFoundation.org)

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# Understanding CHRONIC DISEASES

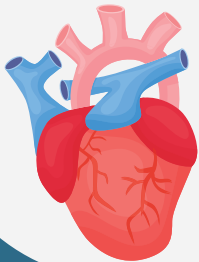
## DIABETES



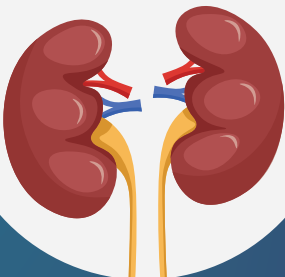
## HIGH CHOLESTEROL



## HEART DISEASE



## KIDNEY DISEASE



**A**s we age, chronic conditions often become part of life. According to the Centers for Disease Control, six in 10 Americans have at least one chronic condition, and four in 10 have at least two or more.

“A chronic illness is a condition that persists for an extended period of time (months to years) and requires ongoing medical treatment,” says Dr. Yujie Shui, D.O., a board-certified family physician with the Maxwell Group. “In primary care, the most common chronic illnesses we encounter are high blood pressure, high cholesterol, and diabetes, which can lead to other chronic complications like kidney and heart disease.”

Diagnosing chronic disease is often challenging.

“Most chronic illnesses present with vague, nonspecific symptoms or even asymptotically,” Dr. Shui says. “In primary care our focus is performing preventive screening and educating patients on lifestyle modifications to prevent disease onset or progression. We diagnose through a comprehensive evaluation,

including a detailed medical history, a thorough physical exam, and subsequent blood test or imaging studies if appropriate.”

Reducing risk factors can decrease the likelihood of developing a chronic illness.

“Risk factors are disease dependent, but a person’s lifestyle choices like diet, amount of physical activity, and use of tobacco and alcohol play the biggest role,” he says.

Chronic diseases can be managed through medication and lifestyle changes.

“I always tell my patients that a healthy lifestyle is better than any medication I can prescribe,” Dr. Shui says. “Prioritize healthy eating with a balanced diet, get regular physical activity tailored to your abilities, quit smoking, limit alcohol, and manage stress.”

Chronic illnesses don’t have to be inevitable. By prioritizing healthy behaviors and seeking preventive care from your healthcare team, you can improve your chances of staying well, feeling good, and living longer.



# The Link Between Cancer and Heart Health Risk

**C**ancer and heart disease are the two leading causes of death worldwide. Evidence now points to a relationship between the two diseases that can occur in the same individual.

“There is a bidirectional connection between cancer and cardiovascular disease,” says Sanjay Shankar, M.D., a founding member of Heart One Associates and one of the very few board-certified cardio oncologists in Arizona.

“The field of cardio oncology has come to the forefront in the last 10 years,” he says. “This is largely the result of new chemo and immunotherapy drugs introduced during the past 10 to 20 years, with many that come with cardiac side effects during and long after therapy.”

If you are undergoing treatment for cancer or are a cancer survivor, it’s important to understand how cancer treatment can affect your heart before, during, and after diagnosis – and how to manage common risk factors by reducing high blood pressure, hyperlipidemia, obesity, smoking, and diabetes.

“Many risk factors are modifiable with healthy lifestyle changes,” Dr. Shankar says. “If you smoke, stop smoking. Monitor your cholesterol and blood pressure. Manage your blood sugar levels, and ensure you’re eating a heart-healthy diet, and get regular cardio exercise.”

Patients with certain types of cancer may need long-term monitoring as the effects of some drugs can occur 10 to 15 years after treatment.

“Drugs to treat prostate, breast and gastric cancers, many lymphomas and leukemia are more likely to cause long-term cardiac toxicity after completing treatment,” he says.

Dr. Shankar realizes the importance of collaborating with oncologists to treat cancer patients at risk for heart disease.

“We are the only community-based cardiology group to have a specialty clinic in cardiac oncology in Arizona,” he says. “Our aim is to work with oncologists to allow patients to receive life-saving cancer treatments without interruption due to cardiac issues.”



# A New Way to Think About Aging Well Inspires **2025 LiveWell Conference**

**A**ging well doesn't happen by accident. It takes curiosity, intention, and the right kind of guidance. This fall, Sun Health invites you to the *2025 LiveWell Conference*, a two-day schedule full of sessions and keynotes that is more than just a wellness event; it's a roadmap to living with greater energy, clarity, and resolve.

Nov. 13 and Nov. 14 at  
Midwestern University in  
Glendale, Sun Health's *2025 LiveWell Conference* will gather some of the most influential voices in health, happiness, and longevity. Attendees can participate in interactive workshops and practical tools to help increase their health span, not just their lifespan.



The conference's goal is to help you learn how to increase the years you live in good health, free from chronic pain, with strong cognitive function, and a sense of emotional wellbeing and connection.

Headlining the conference is Arthur C. Brooks, Harvard professor and No. 1 New York Times bestselling author of *Build the Life You Want* (with Oprah Winfrey) and *From Strength to Strength*. A world-renowned expert on the science of happiness, Brooks brings insight, humor, and heart to his message.

"In the first half of life, ambitious strivers embrace a simple formula for success in work and life: focus single-mindedly, work tirelessly, sacrifice personally, and climb the ladder relentlessly. ... It turns out the second half of life is governed by different rules," Brooks says. "Sun Health's *2025 LiveWell Conference* is about empowering people to start designing a life filled with meaning and connection."

Also taking the stage is Maddy Dychtwald, global futurist and co-founder of Age Wave, whose groundbreaking work has helped redefine what it means to age in today's world.

"We're at the start of a longevity revolution," Dychtwald explains. "It's not just about adding years to your life, but life to your years. As we mature as individuals and professionals, so do the keys to our happiness. This event will challenge how you think about aging, purpose, and vitality."

From cognitive health and physical wellbeing to community connection and purpose-driven living, the *LiveWell Conference* offers something for anyone ready to take charge of their future.

"Sun Health has spent more than 50 years helping people in Arizona live longer, healthier lives," says Nora Hannah, Chief Engagement Officer. "The *LiveWell Conference* is a natural extension of that mission, bringing together science, inspiration, and connection in one unforgettable experience."

VIP tickets include premium seating, a reception with Arthur C. Brooks, and a signed copy of his book. But all passes offer something more: a powerful opportunity to live smarter, stronger, and with more focus on what your future holds.

Learn more and register today at [livewellconference.org](https://livewellconference.org).



**November 13 - 14, 2025**  
**Midwestern University**  
Glendale, AZ

In Partnership With:  **INDEPENDENT**  
NEWS MEDIA  
Celebrating & Connecting Our Communities  
YourValley.net



**New speakers added weekly!**

Visit [LiveWellConference.org](https://LiveWellConference.org)  
for the latest.

## Inspire Longevity for Life

Join Sun Health for a premier event featuring workshops and panels on physical health, cognitive health, aging with purpose, and social and emotional wellbeing to provide you resources and connections to help live healthier and happier for longer.

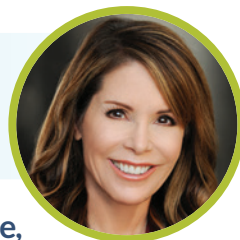
*Keynote Speaker*  
**Arthur C. Brooks**



**Harvard Professor and  
Best-selling Author**

"Build the Life You Want: The Art and  
Science of Getting Happier" & "From  
Strength to Strength".

*Morning Keynote*  
**Maddy Dychtwald**



**Co-founder of Age Wave,  
Best-selling Author, and  
Global Futurist**

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Early Bird Tickets Start at ~~\$125~~ \$100  
Visit [LiveWellConference.org](https://LiveWellConference.org)

# Aging Gracefully

## Means Protecting your Kidneys Too

**Y**our kidneys do the vital job of filtering blood and flushing waste from your body, but they also perform other important functions.

“Your kidneys help control blood pressure, stimulate red blood cell production, and activate vitamin D to repair and build bones,” says Renee Hynds, director of Mission Programs with the National Kidney Foundation of Arizona. That’s why it’s important to keep your kidneys as healthy as possible to avoid developing chronic kidney disease or CKD.

“CKD is loss of kidney function over time and can eventually lead to end stage renal disease, which would mean going on dialysis or needing a kidney transplant,” Renee says.

The main causes of chronic kidney disease include diabetes

and high blood pressure. Another risk factor is being older than 60. Approximately one in seven adults have CKD in the U.S.

“Most people don’t experience symptoms in the early stages of CKD,” Renee says. “In later stages symptoms aren’t specific. Fatigue, swollen ankles, changes in sleep patterns, dry skin, and urinating less often can mimic other conditions.”

Once diagnosed with chronic kidney disease, treatment includes lifestyle modifications and medication.

### Keeping Your Kidneys Healthy

- Manage blood sugar, blood pressure, and cholesterol.
- Get routine screenings after the age of 60. Ask your doctor about getting the eGFR and uACR lab

tests. The eGFR blood test shows how well kidneys are filtering blood, and the uACR urine test shows if kidneys are leaking protein.

- Stay hydrated; drink 48 to 64 ounces of water daily.
- Follow a healthy diet. Because everyone’s health history is different, it’s important to work with a dietitian.
- Maintain a healthy weight, exercise regularly, manage stress, and stop smoking.

Since chronic kidney disease takes time to develop, it also takes time to manage effectively. Sun Health can connect you with trusted community resources for nutrition counseling. Call (623) 471-9355.







## BRAIN HEALTH & MEMORY SUPPORT

### **Dementia Caregiver Support Group**

**Wednesdays, Sept. 3 & 17 and Oct. 1 & 15 | 3-4 p.m.**

Join Sun Health's Memory Care Navigator team for a welcoming support group designed to provide comfort, guidance, and strength. Share your experiences, learn new approaches, and connect with others navigating similar journeys.

*Location: Grandview Terrace Health & Rehab*

### **Memory Café**

**Tuesdays, Sept. 23 and Oct. 28 | 10-11:30 a.m.**

Memory Cafés are safe, social gatherings for individuals with memory loss and their care partners. Caregivers join an educational or support session while their loved ones engage in cognitive activities.

*Location: Salvation Army*

### **Caring Connections**

**Mondays, Sept. 8 and Oct. 13 | 10-11:15 a.m.**

Free monthly support group for couples - where one partner has Mild Cognitive Impairment or Early-Stage Dementia. Together, you'll explore ways to stay emotionally connected, share joys and challenges, and receive compassionate, practical encouragement in a welcoming space. Sessions include social time, brain-healthy snacks, therapeutic and peer support, and engaging activities.

*Location: The Colonnade, a Sun Health Community*

### **Caring Connections**

**Thursdays, Sept. 18 and Oct. 16 | 10-11:15 a.m.**

Free monthly support group for couples - where one partner has Mild Cognitive Impairment or Early-Stage Dementia. Together, you'll explore ways to stay emotionally connected, share joys and challenges, and receive compassionate, practical encouragement in a welcoming space. Sessions include social time, brain-healthy snacks, therapeutic and peer support, and engaging activities.

*Location: Grand Community Baptist Church*

### **Caring Connections**

**Tuesdays, Sept. 23 and Oct. 28 | 10-11:15 a.m.**

Free monthly support group for couples - where one partner has Mild Cognitive Impairment or Early-Stage Dementia. Together, you'll explore ways to stay emotionally connected, share joys and challenges, and receive compassionate, practical encouragement in a welcoming space. Sessions include social time, brain-healthy snacks, therapeutic and peer support, and engaging activities.

*Location: St. Clare of Assisi Catholic Church*

### **Advancing the Science of Alzheimer's Disease**

**Thursday, Oct. 9 | 10-11 a.m.**

Alzheimer's disease was first described in 1906. Since then, scientists have made remarkable strides in understanding how Alzheimer's affects the brain and learning how to make life better for affected individuals and families. Please join us for this presentation by Katie Skvarce, Communications Director for the Alzheimer's Association, Desert Southwest Chapter.

*Location: Desert Palms Presbyterian Church*

### **Understanding the Signs of Dementia**

**Monday, Oct. 27 | 1-2 p.m.**  
It can be difficult to know what to do if you've noticed changes in yourself or a family member or friend — particularly changes related to memory loss, thinking, or behavior. Learn the difference between normal memory changes and the changes that happen with dementia, how dementia progresses, and when it's time to get help. This presentation is offered by Hospice of the Valley.

*Location: Faith Presbyterian Church*



## HEALTH & WELLBEING

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

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

Diabetic peripheral neuropathy is a condition that causes pain and numbness in the legs and feet. Dr. Jae Hyung Park invites you to join his discussion on how managing diabetes and new treatment options can relieve symptoms of diabetic peripheral neuropathy.

*Location: Freedom Plaza, a Sun Health Community*

### **Matters of the Heart: A Guide to Cardiovascular Care**

**Wednesday, Sept. 3 | 10-11 a.m.**

Diagnosing and treating structural heart disease can now be done using minimally invasive procedures. Dr. Nishant Gupta from Heart One Associates invites you to learn about interventional cardiology, conditions that affect the structure and function of your heart, and the technology used to treat cardiovascular disease.

*Location: Grand Community Baptist Church*

### **Stroke: Recovery, Care and Prevention** **Thursday, Sept. 4 | 1-2 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 survivors to regain independence with their daily activities by setting meaningful goals.

*Location: Sierra Winds*

### **Myths of Breast Cancer**

**Tuesday, Sept. 9 | 10:30-11:30 a.m.**

Dr. Kimberly Cox from the Comprehensive Breast Center of Arizona invites you to her presentation on breast cancer. She will talk about common misconceptions and why early detection is important.

*Location: United Church of Sun City*

### **What is Atrial Fibrillation?**

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

Atrial fibrillation (AF or A-fib) is the most common type of irregular heart rhythm. Dr. Andrew Kaplan from Phoenix Heart invites you to learn about atrial fibrillation, including symptoms, causes, risk factors, and new treatment options.

*Location: American Lutheran Church*

### **The Difference Between a Will and a Trust** **Monday, Sept. 15 | 2-3 p.m.**

Understanding the difference between a will and a trust can be confusing. Please join Irma Aranda, Estate Planning Specialist with Desert Financial Credit Union, as she discusses the difference between a will and a trust. She will also explain the importance of both financial and medical powers of attorney.

*Location: Crown of Life Lutheran Church*

### **How to Choose a Primary Care Provider** **Tuesday, Sept. 16 | 10-11 a.m.**

Finding the right healthcare provider requires research and planning. There are several things to consider when deciding who will support your healthcare needs. Please join Sun Health at Home's Wellness Coordinator Connie Swearingen to learn more about the steps to take when looking for a new provider.

*Location: Goodyear Recreation Center*

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

Registration begins:  
Aug. 12, 2025 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 Driver Course \$** **Tuesday, Sept. 16 | 12:30-4:30 p.m.**

Designed especially for drivers 65 and older, 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 check made payable to AARP to the session.

*Location- Grace Bible Church*

### **Heart Health: A Guide to Common Conditions**

**Thursday, Sept. 18 | 10-11 a.m.**

Dr. Ish Singla, interventional cardiologist with Advanced Cardiovascular Center, invites you to his presentation on heart health.

*Location: Banner Olive Branch Senior Center*

### **Fall Prevention: Simple Ways to Reduce your Risk**

**Monday, Sept. 22 | 1-2 p.m.**

No matter what age you are, a fall can seriously affect your quality of life. Come and learn about simple strategies to reduce your risk with the team from Wall 2 Wall Sports & Rehab.

*Location: Faith Presbyterian Church*

### **Understanding Vein & Vascular Health** **Tuesday, Sept. 23 | 2-3 p.m.**

A vascular disease is a condition that affects arteries and veins. Most often, a vascular disease affects blood flow. Dr. Carlos Echevarria from the Veins & Vascular Centers of Excellence invites you to learn about symptoms, causes, the effects of vascular disease, and the care and treatment of vein and vascular conditions.

*Location: Freedom Plaza, a Sun Health Community*

### **Scams & Online Safety: Let's Be Scam Savvy!**

**Wednesday, Sept. 24 | 10-11 a.m.**

Have you ever received calls or texts from an unknown number selling you something that seems too good to be true? What about emails or physical mail claiming or demanding payment? Scam artists and fraudsters look for ways to take advantage of consumers. Nancy Juarez from the state Attorney General's Office will be presenting information on how to protect yourself from fraud, warning signs it might be a scam, and common scams to look out for.

*Location: Peoria Public Library*

### **Scams & Online Safety: Let's Be Scam Savvy!**

**Wednesday, Oct. 1 | 10-11 a.m.**

Have you ever received calls or texts from an unknown number selling you something that seems too good to be true? What about emails or physical mail claiming or demanding payment? Scam artists and fraudsters look for ways to take advantage of consumers. Nancy Juarez from the state Attorney General's Office will be presenting information on how to protect yourself from fraud, warning signs it might be a scam, and common scams to look out for.

*Location: Grand Community Baptist Church*

### **The Difference Between a Will and a Trust** **Thursday, Oct. 2 | 1-2 p.m.**

Understanding the difference between a will and a trust can be confusing. Please join Irma Aranda and Denise Billups, Estate Planning Specialists with Desert Financial Credit Union, as they explain the difference between a will and a trust. They will also explain the importance of both financial and medical powers of attorney.

*Location: Sierra Winds*





## HEALTH & WELLBEING

### **Movement is Medicine: How Exercise Can Transform Your Health**

**Tuesday, Oct. 7 | 2-3 p.m.**

It's never too late to feel better! Jason Dworsky with Regeneration Fitness invites you to learn about how exercise can improve strength, balance, and energy — while also helping to manage or prevent common health issues like arthritis, heart disease, and diabetes.

*Location: Freedom Plaza, a Sun Health Community*

### **Stroke: Recovery, Care and Prevention**

**Tuesday, Oct. 14 | 10:30-11:30 a.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 survivors to regain independence with their daily activities by setting meaningful goals.

*Location: United Church of Sun City*

### **Understanding Breast Health**

**Wednesday, Oct. 15 | 11 a.m.-noon**

Dr. Janice Angeles with Comprehensive Breast Care Center of Arizona invites you to her presentation on basic breast health, including breast cancer prevention and screenings.

*Location: Avondale Senior Services*

### **Breast Cancer: Know Your Risks**

**Thursday, Oct. 16 | 10-11 a.m.**

Dr. Kimberly Cox from the Comprehensive Breast Center of Arizona invites you to her presentation on breast cancer awareness. Learn about prevention, risk factors, symptoms and treatment options.

*Location: Banner Olive Branch Senior Center*

### **Identity Theft & Fraud: How to Stay Safe**

**Monday, Oct. 20 | 2-3 p.m.**

Learn what identity theft is, how to protect yourself, and how to report it if your information gets stolen.

*Location: Crown of Life Lutheran Church*

### **What is Atrial Fibrillation?**

**Tuesday, Oct. 21 | 1:30-2:30 p.m.**

Atrial fibrillation (AF or A-fib) is the most common type of irregular heart rhythm. Dr. Andrew Kaplan from Phoenix Heart invites you to learn about atrial fibrillation, including symptoms, causes, risk factors, and new treatment options.

*Location: Grace Bible Church*

### **The Connection Between Cancer and Heart Health**

**Wednesday, Oct. 22 | 10-11 a.m.**

Dr. Sanjay Shankar with Heart One Associates invites you to a presentation on the connection between cancer and heart health. Learn about the long-term effects of cancer treatments, shared risk factors such as diabetes and high blood pressure, and the importance of monitoring heart health.

*Location: Peoria Public Library*

### **Your Kidneys & You**

**Thursday, Oct. 23 | 10-11 a.m.**

Did you know that your kidneys filter your blood up to 25 times a day? Get to know your kidneys with Renee Hynds, Director of Mission Programs at the Arizona Chapter of the National Kidney Foundation. Learn all about your kidneys, how they work, the risk factors of kidney disease, and steps you can take to keep your kidneys healthy.

*Location: Goodyear Recreation Center*

## Registering Just Got Easier!

No account required—no password to remember.

Now you can also register for yourself and others in the same transaction.

Visit [SunHealthWellness.org/classes](https://SunHealthWellness.org/classes) to sign up online today.

Registration begins:  
Aug. 12, 2025 at 8:30 a.m.



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



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



### Debunking Food Myths

Thursday, Sept. 11 | 10-11 a.m.

Sun Health's Nutritionist Sarah Fagus invites you to learn about nutrition, how to tell the difference between myths and facts, and which foods make up a healthy, balanced diet!

*Location: Desert Palms  
Presbyterian Church*

### The Aging Spine

Friday, Oct. 24 | 10-11 a.m.

As we age, changes in our spine can lead to stiffness, pain, and even mobility issues – but not all back pain is inevitable or untreatable. Dr. Alec Sundet from Sonoran Spine will help you understand how the spine changes with age, what symptoms deserve attention, and what you can do to maintain strength, flexibility, and quality of life.

*Location: The Colonnade, a Sun  
Health Community*

### The Fundamentals of Fall Prevention

Tuesday, Oct. 28 | 2-3 p.m.

No matter what age you are, a fall can seriously affect your quality of life. Come and learn about simple strategies to reduce your risk with the team from Wall 2 Wall Sports & Rehab.

*Location: Freedom Plaza, a Sun  
Health Community*

## Location & Class Key

#### AMERICAN LUTHERAN CHURCH

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

#### AVONDALE SENIOR SERVICES

995 E. Riley Ave., Avondale, AZ

#### BANNER OLIVE BRANCH SENIOR CENTER

13049 N. 103rd Ave., 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

#### DESERT PALMS PRESBYTERIAN CHURCH

13459 W. Stardust Blvd., Sun City West, AZ

#### FAITH PRESBYTERIAN CHURCH

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

#### FREEDOM PLAZA

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

#### GOODYEAR RECREATION CENTER

420 S. Estrella Pkwy., Goodyear, AZ

#### GRACE BIBLE CHURCH

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

#### GRAND COMMUNITY BAPTIST CHURCH

18350 N. Goldwater Ridge, Surprise, AZ

#### GRANDVIEW TERRACE

14515 W. Granite Valley Dr., Sun City West, AZ

#### GRANDVIEW TERRACE HEALTH & REHAB

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

#### LA LOMA VILLAGE HEALTH & REHAB

14260 W. Denny Blvd., Litchfield Park, AZ

#### LORD OF LIFE LUTHERAN CHURCH

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

#### PEORIA PUBLIC LIBRARY

8463 W. Monroe St., Peoria, AZ

#### SALVATION ARMY

17420 N. Avenue of the Arts, Surprise, AZ

#### SIERRA WINDS

17300 N. 88th Ave., Peoria, AZ

#### SHEPHERD OF THE HILLS

13658 W. Meeker Blvd., Sun City West, AZ

#### ST. CLARE OF ASSISI CATHOLIC CHURCH

17111 W. Bell Rd., Surprise, AZ

#### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

#### UNITED CHURCH OF SUN CITY

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



## 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 in full at the time of registration.

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

#### **Chair Yoga Plus**

**Starts Sept. 8 | 9-10 a.m.**

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

#### **Tai Chi Essentials (45 min.)**

**Starts Sept. 8 | 10:15-11 a.m.**

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.

#### **Balance & Posture**

**Starts Sept. 8 | 11:15 a.m.-12:15 p.m.**

Balance & Posture uses chair-assisted standing exercises to strengthen the core with an additional focus on increased flexibility and mobility to support muscles and joints during movement. Resistance bands are incorporated to further help improve posture.

#### **Strength Training**

**Starts Sept. 8 | 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.

#### **PWR! Moves**

**Starts Sept. 8 | 2-3 p.m.**

PWR! Moves is a Parkinson's-specific exercise program that works to improve neuroplasticity and slow the progression of Parkinson's disease. Focused on large movements, PWR! Moves targets four critical skills the disease attacks: antigravity extension, weight shifting, axial mobility, and transitional movements. This is a great option for anyone experiencing neurological related mobility and range of motion declines.

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

#### **Zumba!**

**Starts Oct. 22 | 8:45-9:45 a.m.**

Zumba pairs joyful movement with upbeat music for a heart-healthy energizing workout!

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

**Starts Oct. 22 | 10-11 a.m.**

Learn breathing, relaxation, attuning your mind, balancing your body, and moving according to the ancient disciplines of Taiji, Chi-Gong, yoga, and meditation.

#### **Tai Chi Essentials**

**Starts Oct. 22 | 11:15 a.m.-12:15 p.m.**

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.



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Registration begins:  
Aug. 12, 2025 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 in full at the time of registration.

### Core to Strength

**Starts Oct. 22 | 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. This low-intensity class focuses on core strength, balance, and flexibility exercises using a chair as support.

### Fridays 8-Week Series

#### Zumba!

**Starts Oct. 31 | 8:45-9:45 a.m.**

Zumba pairs joyful movement with upbeat music for a heart-healthy energizing workout!

#### Strength Training

**Starts Sept. 5 | 10:30-11:30 a.m.**

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

### Chair Yoga Plus

**Starts Sept. 5 | 11:45 a.m.-12:45 p.m.**

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

### Line Dancing

**Starts Oct. 31 | 2:15-3:15 p.m.**

Line dancing offers simple steps, social connection, and a great way to keep moving!

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

### Registering Just Got Easier!

No account required—no password to remember. Now you can also register for yourself and others in the same transaction. Visit [SunHealthWellness.org/classes](https://SunHealthWellness.org/classes) to sign up online today.



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

Beginning Aug. 12, 2025



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

Beginning at 8:30 a.m. Aug. 12, 2025

Classes with this icon () have an associated fee.



14719 W. Grand Ave.  
Surprise, AZ 85374  
(623) 471-9550  
Information@SunHealth.org  
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	SEPT	OCT	OCT
<b>11</b>	<b>23</b>	<b>9</b>	<b>28</b>
11 a.m.	1:30 p.m.	11 a.m.	1:30 p.m.



**SUN HEALTH AT HOME**

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