

LiveWell

NOVEMBER/DECEMBER 2025

Health & Well-being: Your Holiday Guide



Sun Health®



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 or call (623) 471-7451.**

A NOTE FROM *Nora*



Nora Hannah
Chief Engagement Officer

"Sometimes the smallest things take up the most room in your heart." —A.A. Milne

As we close another year, the holidays invite us to pause, reflect, and care—for ourselves and for others. This issue of *LiveWell* is your guide to health and well-being, filled with insights to help you navigate the joys and challenges of the season.

We start by exploring the emotional and social impact of dementia and how Sun Health's Memory Care Navigator program is helping families face it with more confidence. The holidays are also a time when changes in a loved one's memory or health may become more noticeable. Our Q&A feature highlights resources that can help families navigate these moments with support and compassion.

The holidays also bring an abundance of food and tradition. For those managing prediabetes, our nutrition feature shares simple, balanced ways to enjoy holiday meals—without guilt—through mindful choices and small, flavorful swaps.

Because the season can stir up many emotions, we also include advice on caring for both joy and grief, reminding us that healing can be found in community, kindness, and small moments of light.

Finally, with festivities comes an unfortunate rise in scams. Our feature on outsmarting holiday scams offers practical tips to stay safe and protect your loved ones from common schemes that surface this time of year.

From all of us at *LiveWell*, we wish you warmth, health, and peace this holiday season—and a hopeful start to the year ahead.

With gratitude,

Nora Hannah
Chief Engagement Officer
Sun Health

LiveWell

NOVEMBER/DECEMBER 2025, ISSUE 87

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

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 well-being of the West Valley. All donations to Sun Health Foundation are tax deductible. Learn more at: SunHealthFoundation.org

CREATED FOR SUN HEALTH BY



rox-media.com



Compassion in Action:

Q&A with Sun Health's Memory Care Navigator

Q: How does dementia affect individuals emotionally and socially?

A: Dementia can deeply impact a person's sense of identity, independence, and connection with others. Early on, individuals may experience fear, anxiety, embarrassment, or depression as they notice cognitive changes.

As the condition progresses, social withdrawal is common, often driven by difficulty communicating or feeling misunderstood. Relationships shift, routines are disrupted, and a once-confident person may feel isolated or frustrated.

Q: What are some of the emotional challenges families face?

A: Families often describe the experience as grieving in real-time (also known as ambiguous loss)—their loved one is still physically present, but changes in memory, mood, and behavior can be painful. Care partners may feel overwhelmed, helpless, or isolated themselves.

Guilt, burnout, and a sense of role reversal (especially for adult children or spouses) are common emotional burdens.

Q: How does the Sun Health Memory Care Navigator program support families emotionally?

A: The program provides one-on-one support, helping individuals and families process feelings of grief, loss, fear, or frustration. Navigators offer compassionate guidance and education, validating what families are going through and helping normalize the emotional rollercoaster.

They also connect families with peer support groups, social activities, and resources to strengthen coping and resilience. Importantly, this program is complimentary, anyone can make a referral, and a physician referral is not required.

Q: Can you share an example of the program in action?

A: Shortly after I joined Sun Health as a Memory Care Navigator, I was approached by Alice during a community training. She shared her concern about her best friend, Anne, who was showing signs of cognitive decline. As a seasonal resident, Alice was especially worried—she would be leaving town in just three months, and Anne, a widowed woman with no local family or children, lived alone with her dog, Rocky.

Over the next three months, I worked closely with Anne, building trust and helping her form a plan. Together, we assembled a support network to assist with everything from touring assisted living communities (making sure they were pet-friendly and budget-conscious), securing important legal documents, and reaching out to Anne's out-of-state brother, to organizing a real estate agent, a senior moving team, transportation, and even the sale of Anne's golf cart. I also attended neurology and assisted living assessment meetings with Anne to offer support and clarity, and I helped ensure she would still have access to Catholic Mass services and her cherished weekly golf outings with friends.

When Alice returned to her summer home, she did so with peace of mind, knowing Anne had a solid support plan in place. Today, Anne and Rocky are happily settled into a warm and welcoming assisted living community, enjoying companionship, meaningful routines, and hot meals. I still visit and remain a trusted part of Anne's circle of support.

Q: How does the program support social connection?

A: Navigators facilitate a bimonthly caregiver support group. Additionally, Sun Health was recently awarded a grant from the city of Surprise to offer a new program called Caring Connections in which couples share the dementia journey together, connecting with others facing similar challenges. The goal of such programs is to reduce isolation, strengthen relationships, and provide a space for mutual encouragement and hope.

See times, dates, and locations on page 11 in this edition of *LiveWell* magazine.

Q: What about more practical needs—like medical care, planning, and day-to-day challenges?

A: Memory Care Navigators help families understand the progression of dementia, identify and access medical care, and plan for the future. They assist with locating in-home help, coordinating care, securing legal documents, and connecting families with resources such as respite care and housing options.

Every step is personalized and paced to meet the family's needs.

Q: What's the overall mission of the Memory Care Navigator program?

A: The mission is to walk alongside individuals and families throughout the dementia journey—not only offering practical tools and expert knowledge but also providing emotional support, connection, and reassurance. And because it is free, open to anyone, and does not require a physician referral, Sun Health ensures that support is accessible when families need it most. At Sun Health, no one has to face memory loss alone.



Michelle Bradley
Memory Care Navigator

Call our Center for Health & Wellbeing at (623) 471-9355 for more information.



PREDIABETIC?

Here are Tips for Enjoyable Holiday Eating

The holidays are meant for good company, meaningful traditions, and great food. If you have prediabetes, you can still enjoy it all without feeling deprived by focusing on balance rather than restriction.

Start with your plate. Imagine it divided into sections: half filled with colorful, nonstarchy vegetables such as green beans, salad, or Brussels sprouts; a quarter with lean protein like turkey, chicken, or fish; and the final quarter with a favorite starch such as stuffing, mashed potatoes, or sweet potatoes. Leave a little space for a treat. A small slice of pie or a few bites of dessert can be part of the celebration.

Small swaps can keep flavors big while keeping sugar in check.

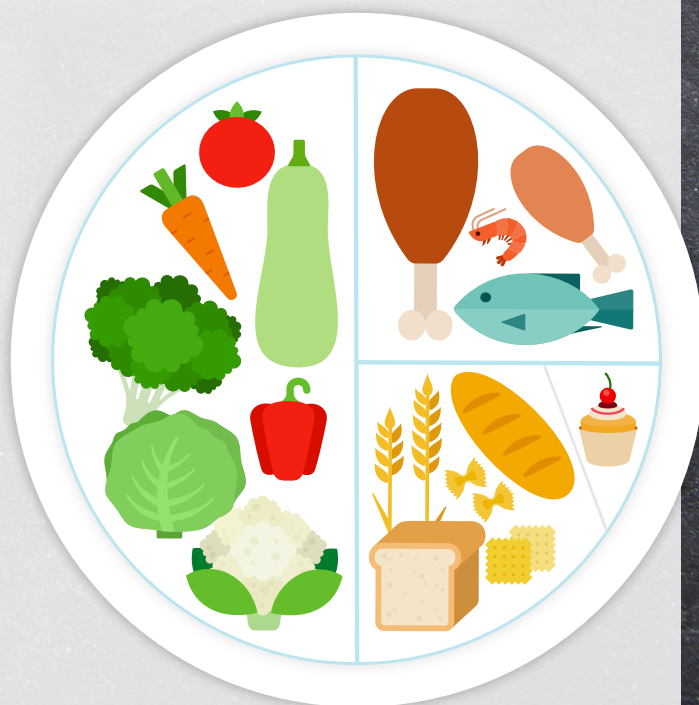
Try cauliflower mash instead of potatoes, roasted vegetables instead of sugary casseroles, green bean almadine instead of a green bean casserole. Greek yogurt in dips or desserts, and warm spices like cinnamon or nutmeg in place of extra sugar.

Drinks count too. Skip soda, cider, and syrupy cocktails; instead choose sparkling water with a sugar-free mix, or enjoy cider in moderation.

Prevent overeating by eating regular meals so you don't arrive at the table overly hungry. Sip water throughout the day, and pause before taking seconds to decide if you are truly hungry.

If the main meal will be later than usual, have a snack with protein and fiber such as apple slices with peanut butter or a handful of nuts to help maintain steady blood sugar and curb excessive hunger.

Whenever you can, let fiber-rich vegetables, lean proteins, whole grains, and beans or lentils fill most of your plate. Most importantly, enjoy the holiday without guilt. Eat mindfully, savor each bite, and focus on making choices that support both your health and your happiness.



Advice for the Holidays that *Helps Year-Round*

We experience the holiday season in different ways. It can be the hap-happiest season of all for many, but a time of sorrow for others. We have each traveled our own paths, and we might view the season a bit differently if our experiences diverged in some way.

Here are some tips for helping ourselves and our neighbors cope with the here and now — whenever that is.

- Attune your mind to your feelings. Rather than just feeling them, ponder and

process them. Journaling can help you explore the joys and struggles of the holidays.

- Avail yourself to others. Offer your time and listening ear to someone who is struggling. Avoid being insistent, and let them know you are available for a cup of tea and conversation.
- When possible, accept the things you cannot change and change the things you can.
- Never feel guilty for moments of happiness. Let decorations fill you with wonder, accept gifts in the

spirit with which they were given, and laugh when a giggle tickles the back of your throat. Similarly, accept moments of sadness and sorrow if they come.

This season calls us to celebrate life, love, and memories, to be a light for one another, and to graciously receive the light others bring. It is a time to share joy with those who are celebrating, to uplift those who are struggling, and to carry our community into a new year filled with hope.



OUTSMARTING HOLIDAY SCAMS:

Stay Safe This Season



The holidays invite generosity—and, unfortunately, extra attempts by scammers. Older adults and caregivers are often targeted with messages that stir urgency or emotion, so people act before verifying details. The Federal Trade Commission (FTC) and AARP consistently warn about three schemes that spike this time of year.

Package-delivery phishing. Texts or emails claim a package cannot be delivered unless you click a link or confirm personal information. The FBI cautions that these messages often mimic real carriers to collect sensitive data or install malware. *What to do:* Don't click unexpected links. Go directly to the retailer or delivery service using a number or website you look up yourself.

Fake charity appeals. Look-alike names, emotional stories, and pressure to donate immediately are common red flags. AARP recommends checking organizations through independent charity evaluators and requesting written information. *What to do:* Research the name carefully, give through trusted channels, and use payment methods that provide records.

Gift-card demands. The U.S. Department of Justice and the FTC emphasize that gift cards are for gifts, not payments. Anyone asking you to pay a fee, fine, or bill with gift cards is attempting fraud. *What to do:* End communication and report it.

How scammers hook you. Most schemes lean on three levers: urgency ("act now"), emotion (holiday goodwill or fear), and authority (posing as a carrier, charity, or official). Naming the tactic helps you spot it faster.

If you clicked or paid. Save screenshots, emails, or texts; contact your bank or card issuer right away; change passwords for any affected accounts; place a fraud alert or credit freeze if needed; and report the incident to the FTC or your local law enforcement. Quick action can limit damage and help protect neighbors, too.

A simple habit: pause, verify, then act. Share these tips with friends and family—awareness is a powerful defense.

Learn more about scams at our Scams & Online Safety class. See page 12.

Sources: Federal Trade Commission; Federal Bureau of Investigation; AARP; U.S. Department of Justice.



November 13 - 14, 2025

**Midwestern University
Glendale, AZ**

Connect with thought leaders, health experts, and community organizers who are shaping the future of healthy living!

- Explore workshops on physical health, emotional resilience, and purposeful aging.
- Discover practical strategies for nutrition, mental health, and longevity.
- Build meaningful connections with others who value intentional living.
- Gain insights to enhance your health span—not just your lifespan.

Discover tools and resources to help you live a longer, healthier and happier life!

SPECIAL SAVINGS!

Use code **LWC2025** for 20% off*

**Code does not apply to Buddy Passes*

Tickets start at \$125 (\$50 Buddy Passes Available)

Visit LiveWellConference.org

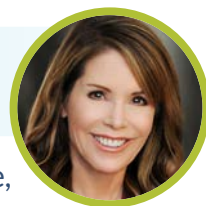
Featuring

Arthur C. Brooks



Harvard professor and #1 *New York Times* bestselling author of 13 books, including *Build the Life You Want* with Oprah Winfrey.

Maddy Dychtwald



Co-founder of Age Wave, best-selling author, and global futurist.

Ken Stern



Author and founder of the Longevity Project.

+ Many More!

Thank You to Our Sponsors





BRAIN HEALTH & MEMORY SUPPORT

Dementia Caregiver Support Group **Wednesdays, Nov. 5 & 19 and Dec. 3 & 17** **| 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

Caring Connections **Mondays, Nov. 10 and Dec. 8 | 10-11:15 a.m.**

Caring Connections is a monthly support group for couples to attend together—where one partner is living with mild cognitive impairment or early-stage dementia. Focus is on staying connected, sharing joys and challenges, and receiving support to navigate the journey as a team. Sessions include social time, brain-healthy snacks, activities, and both emotional and practical support.
Location: The Colonnade, a Sun Health Community

Coping with Grief during the Holidays **Tuesday, Nov. 11 | 10:30-11:30 a.m.**

The holidays are often a difficult time for grieving families. Be gentle with yourself, and learn how to develop strategies for moving through a challenging season. This presentation is offered by Hospice of the Valley.

Location: United Church of Sun City

Caring Connections **Thursdays, Nov. 20 and Dec. 18 | 10-11:15 a.m.**

Caring Connections is a monthly support group for couples to attend together—where one partner is living with mild cognitive impairment or early-stage dementia. Focus is on staying connected, sharing joys and challenges, and receiving support to navigate the journey as a team. Sessions include social time, brain-healthy snacks, activities, and both emotional and practical support.

Location: Grand Community Baptist Church

Memory Café **Tuesday, Nov. 25 | 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

Care for Caregiver **Monday, Dec. 15 | 2-3 p.m.**

Caring for a loved one can be both rewarding and challenging. Learn how to optimize your loved one's well-being, and take care of yourself in the process. This presentation is offered by Hospice of the Valley.

Location: Crown of Life Lutheran Church

Understanding Dementia **Wednesday, Dec. 17 | 11 a.m.-noon**

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.

Location: Avondale Senior Center



Like *LiveWell*? Get it delivered digitally to your favorite device or have a copy mailed to your home.
Visit SunHealthWellness.org/Livewell-magazine



HEALTH & WELL-BEING

What is DME? A Guide to Staying Independent

Monday, Nov. 17 | 2-3 p.m.

What is durable medical equipment? What do I need? Should I buy or rent? Chris Haas with Haas Medical Equipment will teach you everything you need to know about DME.

Location: Crown of Life Lutheran Church

Scams & Online Safety: Let's be Scam Savvy!

Tuesday, Nov. 18 | 1:30-2:30 p.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? 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: Grace Bible Church

Mind in Motion: How Exercise Strengthens your Brain

Thursday, Nov. 20 | 10-11 a.m.

Did you know that moving your body can boost your brain power? Jason Dworsky with Regeneration Fitness will teach you about what happens inside your brain during exercise and how staying active supports your memory and mental clarity. Learn practical tips to move with purpose at any age!

Location: Banner Olive Branch Senior Center

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** to sign up online today.



Register Online SunHealthWellness.org

Beginning Oct. 14, 2025



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

Beginning at 8:30 a.m. Oct. 14, 2025

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

Registration begins:
Oct. 14, 2025 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



HEALTH & WELL-BEING

Common Foot Issues in Older Adults Wednesday, Dec. 3 | 10-11 a.m.

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

Location: Grand Community Baptist Church

Dentures & Oral Health: Keeping Your Smile Healthy at Any Age Thursday, Dec. 4 | 1-2 p.m.

Good oral health is important for overall well-being, especially as we age. Dr. Cara Copeland, DMD, Associate Professor at Midwestern University College of Dental Medicine invites you to learn about how to care for your dentures, preventing common oral health issues, and maintaining a healthy mouth.

Location: Sierra Winds

Festive & Fit: Staying Active through the Holidays Wednesday, Dec. 10 | 10-11 a.m.

The holiday season is full of joy, but it also can throw your routines off track. Jason Dworsky with Regeneration Fitness invites you to learn about the simple ways to keep moving without missing out on holiday cheer!

Location: American Lutheran Church

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

14154 W. Denny Blvd., Litchfield Park, 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



NUTRITION & DIABETES

Living Well with Diabetes

Tuesday, Nov. 4 | 2-3 p.m.

Join Sun Health's Nutritionist Sarah Fagus for a presentation on diabetes. Come learn about the basics of diabetes, the impact it can have on overall health, and practical strategies to help manage the condition.

Location: Freedom Plaza, a Sun Health Community

Healthy Holidays!

Wednesday, Nov. 5 | 10-11 a.m.

Holidays are filled with traditions and favorite foods. How can you eat healthy during this time? Sun Health's Nutritionist Sarah Fagus will share tips on how to make small changes and create healthier meals and snacks during the holidays.

Location: Grand Community Baptist Church

Living Well with Diabetes

Thursday, Nov. 6 | 1-2 p.m.

Join Sun Health's Nutritionist Sarah Fagus for a presentation on diabetes. Come learn about the basics of diabetes, the impact it can have on overall health, and practical strategies to help manage the condition.

Location: Sierra Winds

Living Well with Diabetes

Wednesday, Nov. 19 | 11 a.m.-noon

Join Sun Health's Nutritionist Sarah Fagus for a presentation on diabetes. Come learn about the basics of diabetes, the impact it can have on overall health, and practical strategies to help manage the condition.

Location: Avondale Senior Center

Mini Apple Chimichanga

4 Servings – Serving Size 1 chimichanga

Ingredients

- 2 apples (cored and chopped)
- 3 tbsp zero-calorie granulated sweetener, such as Splenda (divided)
- 1/2 tsp ground cinnamon
- 1/4 cup water
- 4 8-inch whole wheat flour tortillas
- Nonstick cooking spray

Instructions

1. Preheat oven to 400° F
2. In a medium-sized saucepan, combine apples, 2 tablespoons Splenda, cinnamon, and water. Bring to a boil, and cook until apples are soft. Remove from heat. Cool to room temperature.
3. To build the chimichangas, pile 2 teaspoons apple filling on each tortilla and fold each end over the

filling. Roll the tortillas up and secure each one with a toothpick. Lightly coat the tortillas with cooking spray. Place folded tortillas seam side down on baking sheet. Sprinkle evenly with remaining granulated sweetener. Bake for 5 minutes, then turn over and bake 5 minutes more.

4. Remove chimichangas from the baking sheet and place on individual plates. If desired, garnish with a scoop of ice cream or a dollop of whipped cream.

Nutrition facts

Amount per serving	Total Carbohydrate
Calories 200	33g
Total Fat 6g	Dietary Fiber 5g
Saturated Fat 0.6g	Total Sugars 8g
Trans Fats 0g	Protein 4g
Cholesterol 0mg	Potassium 170mg
Sodium 240mg	

Source: diabetesfoodhub.org

Registration begins:
Oct. 14, 2025 at 8:30 a.m.



Register Online
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.

Mondays, 8-Week Series

Chair Yoga Plus

Starts Nov. 3 | 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 Nov. 3 | 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 Nov. 3 | 11:15 a.m.-12:15 p.m.

This class 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 Nov. 3 | 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 Nov. 3 | 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. A great option for anyone experiencing neurological-related mobility and range of motion declines.

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
or by calling (623) 471-9355.**



14719 W. Grand Ave.
Surprise, AZ 85374
(623) 471-9550
Information@SunHealth.org
SunHealth.org

NONPROFIT ORG
US POSTAGE PAID
Denver, CO
PERMIT NO. 5377



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:

NOV
13
11 a.m.

NOV
18
1:30 p.m.

DEC
11
11 a.m.



SUN HEALTH AT HOME

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