

LiveWell

JANUARY/FEBRUARY 2026



Sun Health®

**Keep an Eye on
Heart 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.

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.

Freedom Plaza

Peoria, AZ

Grandview Terrace

Sun City West, AZ

La Loma Village

Litchfield Park, AZ

The Colonnade

Surprise, AZ

Sun Health At Home

Your Home

JAN

8

11 a.m.

JAN

27

1:30 p.m.

FEB

12

11 a.m.

FEB

24

1:30 p.m.

Learn about Sun Health At Home at
one of our 1-hour Discovery Seminars

To learn more about Sun Health, visit
SunHealthCommunities.org or call (623) 471-7451.

A NOTE FROM *Nora*



Nora Hannah
Chief Engagement Officer

*"Start where you are. Use what you have.
Do what you can." —Arthur Ashe*

As the new year begins, many of us are thinking about fresh starts. Not just resolutions, but real-life habits that support a healthier, more vibrant life. That's exactly what this issue of *LiveWell* is all about: simple, meaningful ways to care for your body, your heart, and your community.

We begin with a focus on heart health, where you'll learn how even small changes can make a lasting impact. On that note, flip to our feature on the Mediterranean diet (one of the most heart-friendly ways to eat) and try out a recipe that proves healthy doesn't have to mean bland.

January is National Blood Donor Month, so we're shining a light on the lifesaving act of giving blood and how you can get involved right here in the West Valley. Mark your calendar for Wednesday, Jan. 7, 2026.

On the vision front, our glaucoma article offers tips for early detection and prevention, starting at age 55. Eye health is often overlooked, but regular screening can preserve your sight for years to come.

Finally, we're thrilled to introduce Sun Health's newest initiative: the Vibrant Life Choices program. Designed to bring wellness services directly to adults of all ages in our community, this offering is flexible, personal, and focused on helping you thrive, wherever you are in your health journey.

Here's to a strong, healthy, and hopeful start to 2026!

Nora Hannah
Chief Engagement Officer
Sun Health

LiveWell

JANUARY/FEBRUARY 2026, ISSUE 88

SUN HEALTH

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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

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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

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Discover the Power of Wellness with

Vibrant Life Choices



Sun Health now offers an easier way to help people live longer, healthier, and more purposeful lives through a unique wellness program called Vibrant Life Choices (VLC).

“It’s a holistic approach to wellness that is tailored to each individual,” says Sun Health Wellness Navigator Jennifer Uhlig. “VLC empowers you to take charge of your health through small, meaningful steps that lead to lasting well-being.”

Grounded in behavioral science and wellness research, the program is designed to increase your motivation, accountability, and long-term success.

“VLC is a guided wellness program that fits your life,” says Jennifer. “It includes components that help you move, rest, nourish your body, engage your mind, and connect with others.”

A key element of Vibrant Life Choices is your wellness navigator, who will provide personalized guidance, expert support, and proactive solutions. Together you’ll discuss goals and map out a wellness plan that is unique to your needs. You’ll also receive monthly one-on-one coaching sessions to track progress toward goals. To support your goals, you’ll gain access to a carefully curated network of vetted experts covering all pillars of wellness.

The program offers five different categories of wellness services, including:

- **Connect and Thrive** – Ways to stay mentally and socially connected with OLLI lifelong learning, Sun Health Wellness education classes, meet-up groups, support groups, and volunteer opportunities.
- **Smart Support** – Guidance, education, and advocacy when you need it most, including chronic disease education, grief counseling, pastoral counseling, nutrition services, and wellness navigator sessions.
- **Wellness and Vitality Services** – Feel stronger, clearer, and more energized with access to services like acupuncture, chiropractic care, massage therapy, mindfulness, meditation, and gym memberships.
- **Comfort and Care** – Support for your home, healing, and peace of mind. This could include access to a care transition nurse, cooking classes, meal delivery, and home organization.
- **Extra Essentials** – Logistics that make life easier so you can focus on wellness, including home maintenance, transportation, fiduciary and financial planning services.

All one-on-one coaching sessions are done from the comfort of your home through videoconferencing.

“Wellness is something anyone can achieve and doesn’t need to cost you a fortune,” says Jennifer. “VLC will keep you motivated and engaged to make positive choices to support not only longevity, but a truly vibrant, fulfilling life.”

Vibrant Life Choices has different plan options in terms of cost and length. Joining is easy; there are no age restrictions or qualifications. Sun Health kicked off the program with a soft launch in November and is now accepting applications for membership.

Learn more at
VibrantLifeChoices.org



Jennifer Uhlig
Sun Health Wellness Navigator

The Mediterranean Diet:

A Tasty Path to Heart Health



The Mediterranean diet offers a flavorful and heart-healthy approach to eating that's particularly beneficial for older adults.

Taking inspiration from the traditional foods and lifestyles of countries bordering the Mediterranean Sea, the diet prioritizes fresh fruits and vegetables, whole grains, olive oil, lean proteins like fish and poultry, and moderate portions of dairy, nuts, and legumes.

Research from the Harvard School of Public Health indicates that people who follow this diet live longer than those who don't and have a reduced risk of cardiovascular disease.

"This eating pattern has been shown to support heart and vascular health," says Sarah Fagus, nutritionist with Sun Health. "For older adults, eating a variety of nutrient-rich foods and healthy fats can support overall health and wellbeing."

As we age, eating the right foods can make a difference in how we feel day to day. The Mediterranean diet offers many health benefits that support healthy aging, including:

- Improve cholesterol and blood pressure, and protect your heart
- Reduce risk for chronic diseases like heart disease, diabetes, and certain cancers
- Optimize brain function
- Promote healthy digestion
- Assist in weight management

With the Mediterranean diet there is no need to count calories or restrict carbs. Its simplicity and flexibility make it popular among older adults. To try the diet, follow these steps:



Balsamic Tofu and Vegetable Sheet Pan Dinner

Prep Time 20 mins - Total Time 1 hr - Servings 4

Ingredients

- 4 cups butternut squash, peeled and cubed
- 1 cup onion, chopped
- 1 Tbs olive oil
- 8 oz broccolini
- 1 lb tofu, extra-firm, cubed
- 1/4 cup balsamic vinegar
- 1 Tbs maple syrup
- 1 Clove garlic, minced
- 2 Tbs rosemary, fresh, chopped (hard stem removed)
- 1 tsp salt (or to taste)
- 1/2 tsp black pepper

Instructions

Prep

1. Preheat oven to 425°F.
2. Peel and cube squash into 1" cubes.
3. Peel and slice onion into 1/4s and then again to create 1/8 wedges.
4. Wash and trim broccolini.
5. Drain and cut tofu into cubes.

Make

1. Place squash cubes and onion in bowl and toss with 1 tablespoon olive oil. Season with a sprinkle salt and pepper.
2. Place on parchment lined sheet and roast in oven for about 20 minutes.
3. Meanwhile, make balsamic glaze. Add balsamic vinegar garlic, rosemary, salt and pepper to a mason jar and shake vigorously. You can also whisk together.
4. When squash is done remove from oven and nestle tofu cubes among vegetables, Add broccolini to pan and drizzle tofu and all vegetables with glaze.
5. Return pan to oven and bake until tofu is warmed through, about 15-20 minutes.
6. Serve immediately.



- Four or more servings per day of non-starchy vegetables
- Two or three servings per day of fruits
- Whole grain bread, rice, and pasta
- Plant-based fats (olive oil, avocados, nuts, and seeds)
- Each week enjoy fish, poultry, beans, legumes, eggs, and moderate portions of dairy products
- Limit foods with added sugar

"Aim for a balanced plate, half with fruits and vegetables, one-quarter whole grains, and one-quarter lean protein," Sarah says.

Staying hydrated is also important for overall health. "Water, herbal teas, sparkling water with a squeeze of citrus, or diluted fruit infusions are great options," she says. "Drink plenty of water around meals to support circulation and metabolic health. Talk with your health care provider about how much water is right for you, since needs can vary with age."

Adopting the Mediterranean diet is not a quick fix, but a lifelong approach to eating. It's about making consistent, heart-healthy eating choices that can be maintained over time.

Learn more by attending the Sun Health Center for Health and Wellbeing's two-part Heart Health presentation to be held Jan. 22 and Jan. 29. Call (623) 471-9355 for more information. See page 14 for details.

Nutrition facts

Calories per serving 322
Total Fat 13.7g 21%
 Saturated Fat 2.0g 10%
 Trans Fat 0.0g
 Total Sugars 11g
 Protein 23g

Amount/serving % Daily Value*
 Total Carbohydrates 34g 11%
 Dietary Fiber 8g 31%
 Vitamin D 0mcg 0%
 Calcium 893mg 89%
 Iron 5mg 26%
 Potassium 1041mg 22%
 Cholesterol 0mg 0%
 Sodium 628mg 27%



Age Gracefully, Live Fully with a Healthy Heart

Taking care of your heart is one of the best gifts you can give yourself, especially in your golden years when every heartbeat can support a fuller, more vibrant life.

“It’s important to recognize the common signs and symptoms of heart disease and use the ‘getting older’ idea as a diagnosis of exclusion,” says David Prutzman, D.O., interventional cardiologist with Biltmore Cardiology. “With most heart conditions, patients will frequently experience shortness of breath, chest pain or pressure, swelling of extremities, palpitations or irregular heartbeats, fainting and general fatigue. It’s important to know what’s abnormal for you and seek immediate evaluation if you are experiencing symptoms, no matter how vague. Early intervention is key to preventing long-term complications.”

While heart disease remains a leading concern for seniors, its risks can be reduced by making healthy lifestyle choices. Dr. Prutzman recommends:

♥ **Staying Active** – Aim for 150 minutes of moderate activity or 75 minutes of vigorous activity each week. Examples of

moderate activity include brisk walking, gardening, dancing, and water aerobics. Vigorous activity would include hiking uphill, running, biking, and swimming.

♥ **Eating Well** – Focus on a healthy diet like the Mediterranean Diet, with emphasis on vegetables, fruits, whole grains, nuts, seeds, fish, and poultry, rather than red meat, processed foods, and sweets.

♥ **Ending Unhealthy Habits** – Eliminate smoking, excessive drinking and overeating junk food.

♥ **Staying Hydrated** – Drink water rather than sweetened beverages. Adequate hydration helps keep normal blood volume and lessens stress on the heart.

♥ **Monitoring Health** – Regularly check blood pressure, cholesterol, and blood sugar levels, and schedule at least yearly visits with your doctor.

Make heart-healthy living a daily practice. Every step helps you live a longer, stronger, and more purposeful life.

A CLEAR VISION for Eye Health



Dr. Emilio Justo, MD

As we age, our bodies go through many changes, and our eyes are no exception. Maintaining clear, comfortable vision is essential to staying active and independent.

One of the more serious eye diseases is glaucoma. "Glaucoma is considered the silent thief of vision, because there are no symptoms whatsoever in the early years,"

says Dr. Emilio Justo, MD, ophthalmologist, cosmetic surgeon, and founder of Arizona Eye Institute & Cosmetic Laser Center. "It's caused by too much fluid pressure in the eye that damages the optic nerve. Glaucoma affects the peripheral vision slowly over 10 to 20 years and isn't noticeable until you've already suffered peripheral vision loss and there is no way to reverse it."

Once diagnosed with glaucoma, there are treatment options for managing and stabilizing the disease, including eye drops and minimally invasive procedures like selective laser

trabeculoplasty (SLT) and micro-invasive glaucoma surgery (MIGS).

"SLT is a simple laser procedure that can be done in the office to lower eye pressure," Dr. Justo says. "MIGS is an outpatient procedure to improve fluid drainage to lower eye pressure. Newer technologies include Durysta where small pellets are injected into the eye to relieve eye pressure for up to six months, and iDose which implants a device to slowly release medication into the eye for up to three years."

Risk factors for glaucoma include age, a family history

of the disease, use of corticosteroid medication, and those who are African American, Asian, or Latino.

Regular eye exams are critical. "I strongly recommend a dilated eye exam by an eye doctor every year beginning at age 55," says Dr. Justo. "Eye conditions are more easily managed when caught early."

Staying proactive about your vision is one of the best ways to protect your independence and quality of life. Talk with your eye care professional about risk factors and a plan to keep your eyes healthy for years to come.



CLASS CALENDAR



BRAIN HEALTH & MEMORY SUPPORT

Dementia Caregiver Support Group **Wednesdays, Jan. 7 and 21 and Feb. 4 and 18 | 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 & Rehab

Caring Connections **Mondays, Jan. 12 and Feb. 9 | 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. The focus is on staying connected, sharing joys and challenges, and receiving support to navigate the journey as a team. Each session includes social time, brain-healthy snacks, activities, and both emotional and practical support.

Location: The Colonnade, a Sun Health Community

Caring Connections **Thursdays, Jan. 15 and Feb. 19 | 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. The focus is on staying connected, sharing joys and challenges, and receiving support to navigate the journey as a team. Each session includes social time, brain-healthy snacks, activities, and both emotional and practical support.

Location: Grand Community Baptist Church

Caring Connections **Thursdays, Jan. 22 and Feb. 26 | 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. The focus is on staying connected, sharing joys and challenges, and receiving support to navigate the journey as a team. Each session includes social time, brain-healthy snacks, activities, and both emotional and practical support.

Location: St. Clare of Assisi Catholic Church

Memory Café **Tuesdays, Jan. 27 and Feb. 24 | 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

Understanding Grief and Mourning **Tuesday, Jan. 27 | 10-11 a.m.**

Grief and loss can be overwhelming experiences, but the more you know about what to expect, the less frightening it is. Please join Hospice of the Valley to learn about the different types of grief and their effects, why expressing grief is so important, and discuss ways to help people who are grieving.

Location: Grandview Terrace, a Sun Health Community

Understanding Grief and Mourning **Wednesday, Feb. 11 | 10-11 a.m.**

Grief and loss can be overwhelming experiences, but the more you know about what to expect, the less frightening it is. Please join Hospice of the Valley to learn about the different types of grief and their effects, why expressing grief is so important, and discuss ways to help people who are grieving.

Location: American Lutheran Church

Registration begins:
Dec. 9, 2025 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



BRAIN HEALTH & MEMORY SUPPORT

Understanding Grief and Mourning

Friday, Feb. 27 | 10-11 a.m.

Grief and loss can be overwhelming experiences, but the more you know about what to expect, the less frightening it is. Please join Hospice of the Valley to learn about the different types of grief and their effects, why expressing grief is so important, and discuss ways to help people who are grieving.

Location: The Colonnade, a Sun Health Community

DRIVING FORE HEALTH & WELLNESS

Save The Date

March 7, 2026



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



HEALTH & WELL-BEING

A Legal Guide to Planning for Long-term Care

Wednesday, Jan. 14 | 10-11 a.m.

Planning for long-term care means preparing for the personal, financial, and legal needs that may arise if a person becomes unable to care for themselves independently due to aging, illness, or disability. Learn about the importance of having a plan in place and the process of creating a plan that honors your wishes.

Location: American Lutheran Church

Essentials of Estate Planning

Thursday, Jan. 15 | 10-11 a.m.

Organizing your affairs and estate planning is an ongoing process that includes much more than writing a will. Attorney Joshua Love from Pennington Law will teach you about the basic elements of planning and the benefits of having a plan in place.

Location: Banner Olive Branch Senior Center

Stay Strong, Stay Steady: Mobility & Fall Prevention

Monday, Jan. 19 | 2-3 p.m.

Discover how to stay active, confident, and independent as you age. This presentation will provide you with the latest research on aging and mobility, highlighting the key factors that most influence balance, strength, and overall health. Learn practical strategies to reduce your risk of falls and maintain your independence for years to come.

Location: Crown of Life Lutheran Church

Stay Strong, Stay Steady: Mobility & Fall Prevention

Tuesday, Jan. 20 | 1:30-2:30 p.m.

Discover how to stay active, confident, and independent as you age. This presentation will provide you with the latest research on aging and mobility, highlighting the key factors that most influence balance, strength, and overall health. Learn practical strategies to reduce your risk of falls and maintain your independence for years to come.

Location: Grace Bible Church

Cyber Security: How to Stay Safe **Thursday, Jan. 22 | 10-11 a.m.**

Are you concerned about your personal information falling into the wrong hands? In an age when cyber threats are part of everyday life, safeguarding sensitive data is no longer optional, it's essential. Come and learn practical tools to strengthen your digital defenses — from securing online accounts and personal devices to understanding the legal implications of data breaches.

Location: Goodyear Recreation Center

Myths of Breast Cancer

Tuesday, Jan. 27 | 2-3 p.m.

Dr. Kimberli 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: Freedom Plaza, a Sun Health Community

Classes are provided at low or no cost, thanks to the generosity of the community through Sun Health Foundation. Learn more at: SunHealthFoundation.org

Registration begins:
Dec. 9, 2025 at 8:30 a.m.



Register Online
SunHealthWellness.org



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

Stay Strong, Stay Steady: Mobility & Fall Prevention

Wednesday, Feb. 4 | 10-11 a.m.

Discover how to stay active, confident, and independent as you age. This presentation will provide you with the latest research on aging and mobility, highlighting the key factors that most influence balance, strength, and overall health. Learn practical strategies to reduce your risk of falls and maintain your independence for years to come.

Location: Grand Community Baptist Church

Cyber Security: How to Stay Safe

Thursday, Feb. 5 | 1-2 p.m.

Are you concerned about your personal information falling into the wrong hands? In an age when cyber threats are part of everyday life, safeguarding sensitive data is no longer optional, it's essential. Come and learn practical tools to strengthen your digital defenses — from securing online accounts and personal devices to understanding the legal implications of data breaches.

Location: Sierra Winds

Understanding Medicare

Tuesday, Feb. 10 | 10:30-11:30 a.m.

Learning about Medicare can be overwhelming. Deborah Bates, owner & educator at Bates Retirement Services, will discuss how and when to enroll in Medicare, what is and is not covered, and the pros and cons of Medicare Advantage Plans and Medicare Supplemental insurance.

Location: United Church of Sun City

What is DME? A Guide to Staying Independent

Thursday, Feb. 12 | 10-11 a.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: Desert Palms Presbyterian

Stay Strong, Stay Steady: Mobility & Fall Prevention

Tuesday, Feb. 17 | 10-11 a.m.

Discover how to stay active, confident, and independent as you age. This presentation will provide you with the latest research on aging and mobility, highlighting the key factors that most influence balance, strength, and overall health. Learn practical strategies to reduce your risk of falls and maintain your independence for years to come.

Location: Sun Health Center for Health & Wellbeing

Understanding Vein & Vascular Health

Wednesday, Feb. 18 | 11 a.m.-noon

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: Avondale Senior Center

What is DME? A Guide to Staying Independent

Tuesday, Feb. 24 | 10-11 a.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: Grandview Terrace, a Sun Health Community

The Aging Spine: A Guide to a Healthy Back (3-class series)

Part 1: The Cervical Spine

Part 2: The Thoracic Spine

Part 3: The Lumbar

Tuesdays, Feb. 24, Mar. 24, Apr. 28 | 2-3 p.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: Freedom Plaza, a Sun Health Community

Stroke: Recovery, Care and Prevention

Thursday, Feb. 26 | 10-11 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: Goodyear Recreation Center



When you give, others live

Sun Health Blood Drive

Wed., Jan. 7th
8:30 a.m. – noon

Make a difference—donate at the
Sun Health Center for Health & Wellbeing,
14719 W. Grand Ave., Surprise.

Schedule at vitalant.org
(search by date, city, or ZIP),
call (877) 258-4825, or scan the QR code.





NUTRITION & DIABETES

Living Well with Diabetes

Tuesday, Jan. 13 | 10:30-11:30 a.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: United Church of Sun City

Nutrition and Heart Health (2 class series)

Thursdays, Jan. 22 and 29 | 10-11 a.m.

Why is nutrition important to heart health? The Sun Health Nutrition Team invites you to this two-class series to discover ways that foods can promote heart healthy living. Topics include dietary patterns that can help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating. Sessions will include short cooking videos and introduction to the DASH (Dietary Approach to Stop Hypertension) diet.

Location: Sun Health Center for Health & Wellbeing

Debunking Food Myths

Monday, Feb. 16 | 2-3 p.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: Crown of Life Lutheran Church

Debunking Food Myths

Thursday, Feb. 19 | 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: Banner Olive Branch Senior Center

Living Well with Diabetes

Monday, Feb. 23 | 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: Faith Presbyterian Church

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 Dec. 9, 2025



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

Beginning at 8:30 a.m. Dec. 9, 2025

Classes with this icon () have an associated fee.

Registration begins:
Dec. 9, 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 Jan. 12 | 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 Jan. 12 | 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 and Posture \$

Starts Jan. 12 | 11:15 a.m.-12:15 p.m.

Balance and 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 Jan. 12 | 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 (6 week series)

Starts Jan. 26 | 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

Balance: Mind & Body \$

Starts Jan. 14 | 10-11 a.m.

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

Tai Chi Essentials (60 min.) \$

Starts Jan. 14 | 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.

Core to Strength \$

Starts Jan. 14 | 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

Strength Training \$

Starts Jan. 16 | 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 Jan. 16 | 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.



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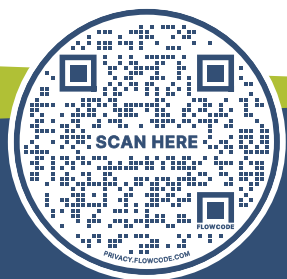
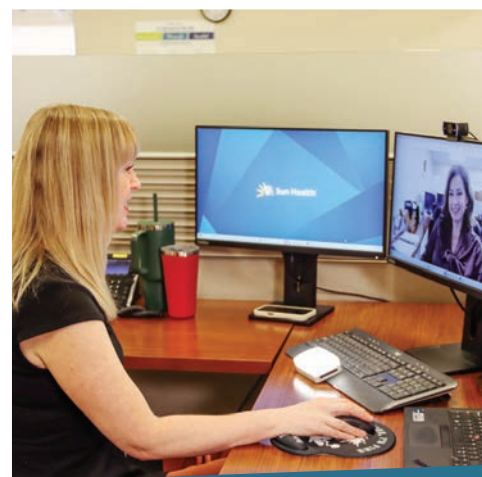
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Turn to page 4 to learn more.

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