

LiveWell

MAY/JUNE 2026



Here Comes the Sun

Preventing, Managing, and
Treating Melanoma & Skin Cancer



Sun Health®



A Lifestyle **WITH YOU IN MIND**

Sun Health Communities offer a vibrant and 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.

Learn about Sun Health At Home at one of our FREE Discovery Seminars:

APR 9 11 a.m.	APR 28 1:30 p.m.	MAY 14 11 a.m.	MAY 26 1:30 p.m.
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14719 W. Grand Ave, Surprise, AZ 85374

Center for Health & Wellbeing



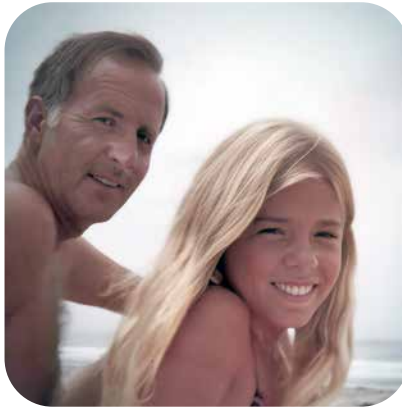
To learn more about Sun Health, scan the QR code to visit SunHealthCommunities.org or call (623) 471-7451.

A NOTE FROM *Nora*

LiveWell

MAY/JUNE 2026, ISSUE 90

My dad had melanoma when I was in my 20s. Back then, sunscreen wasn't the norm, but thankfully my mom was ahead of her time. She insisted we use it, and by my teen years I was faithfully lathering up before heading into the Arizona sun. Her aunt had died of skin cancer, so this was personal.



Nora and Dad - La Jolla 1970

What's striking is how common skin cancer is, particularly in Arizona. According to the CDC, Arizona has one of the highest rates of melanoma in the country, likely due to our abundant sunshine and outdoor lifestyle. Those of us who grew up here remember the sunbathing culture well: baby oil, foil reflectors, and not a drop of SPF.

But here's what I've learned: melanoma is one of the most aggressive cancers, but also one of the most preventable. You just have to catch it early. And you can. The key is diligence: skin checks, awareness, and yes, sunscreen.

My dad underwent surgery and a skin graft on his temple three decades ago. Today, the technology is far more advanced, but prevention still wins the race. And if you're wondering which sunscreen to use? The best one is the one you'll actually wear.

Wishing you a safe, sun-smart summer.

P.S. Save the date!

Join us for the LiveWell Conference, Nov. 19-20. Stay tuned for details in the next issue.

Warmly

Nora Hannah

Editor, LiveWell Magazine

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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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Skin Cancer Awareness

What Paying Attention Can Change

Skin cancer is something many of us associate with “other people.” Someone who spent too much time tanning. Someone who ignored a suspicious spot for too long.

The reality is more personal. Skin cancer is the most common cancer in the United States, and nearly one in five Americans will develop some form of it by age 70, according to the Skin Cancer Foundation. That means it touches almost every family in some way.

Living in Arizona adds another layer of risk. Our year-round sunshine and outdoor lifestyle mean higher exposure to ultraviolet rays, which are the leading cause of most skin cancers.

Melanoma, while less common than other types, is the most dangerous because it can spread quickly if not caught early. The good news is that when skin cancer is detected early, treatment is often highly effective.

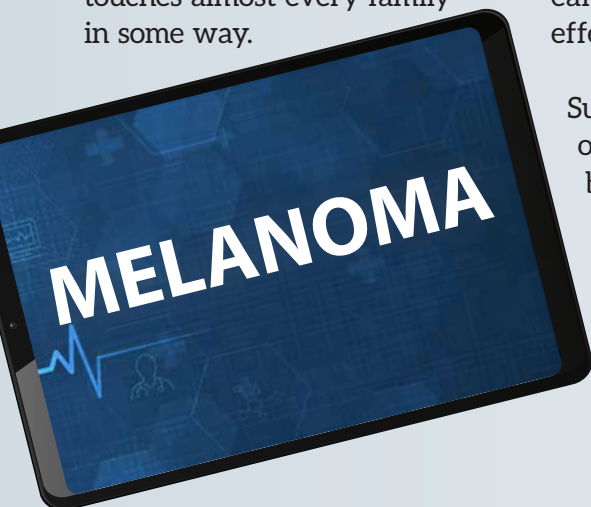
Surgery is often the first option, but it is not always the best one. For some patients, radiation therapy offers a less invasive alternative, especially when tumors are located in sensitive areas like the nose, ears, or lower legs.

Dr. Ravinder Clayton, a radiation oncologist with Banner MD Anderson, explains radiation therapy in simple terms to her patients.

“Radiation is very similar to getting an X-ray treatment,” she says. “You don’t see it or feel it as it’s happening. Radiation works by stopping cancer cells from dividing. It also temporarily affects normal cells like skin cells, but it doesn’t burn the skin. It just slows how quickly new skin regenerates.”

Radiation therapy can be especially helpful when surgery could lead to poor healing or unwanted changes in appearance.

“We often recommend radiation for skin cancers that are challenging to remove surgically,” Dr. Clayton says,



Get a skin cancer screening.



particularly when circulation is limited or healing could be difficult.

Patients often are relieved to learn side effects are usually manageable. Skin reactions may appear a couple of weeks into treatment and often resemble a mild to moderate sunburn. In most cases, the skin heals within about a month after treatment ends.

What Dr. Clayton says she finds most meaningful is seeing patients regain confidence.

“Treating skin cancers is uniquely gratifying,” she says. “You can often watch tumors shrink in real time, and for many patients, we’re helping them avoid disfiguring surgery.”

Skin cancer awareness starts with paying attention. Protect your skin, schedule regular skin checks, and speak up when something does not look or feel right. Catching skin cancer early truly can make all the difference.

Check the spots you never see

Skin cancers often show up on the scalp, behind the ears, between toes, and on the backs of the legs. Use a hand mirror or ask a partner or stylist to keep an eye out during haircuts.

Sun exposure adds up quickly

Daily, low-level sun exposure while driving, gardening, or walking the dog matters just as much as a beach day. UVA rays penetrate glass, so your car counts too.

If it bleeds and doesn't heal, get it checked

A spot that bleeds, scabs, and reopens over weeks is not “just aging skin.” That pattern is one of the most common early signs of skin cancer.

Lower legs need extra attention

Skin on the lower legs heals more slowly due to reduced circulation, especially as we age. Cancers in this area may benefit from earlier intervention.

Your immune system plays a role

Certain medications and conditions that suppress immunity can increase skin cancer risk. Tell your provider about all medications, not just skin symptoms.

Trust your instincts

If a spot looks “off” to you even if it doesn't meet textbook warning signs—that matters. You know your skin better than anyone.

The best sunscreen still matters

The best sunscreen is the one you use every day. Consistency beats perfection.

Growing **HOPE** in the West Valley

Cancer has a way of shrinking the world.

Suddenly, life revolves around appointments, schedules, and logistics. And it's often layered on top of fear and uncertainty. For many West Valley families, that reality has meant long drives, complicated transportation plans, and time away from the people and places that provide comfort.

That's why programs at Banner MD Anderson Cancer Center at Banner Boswell are growing.

"We are so fortunate to have our partnership with MD Anderson," says Erica Dorward, Chief Operating Officer for Banner Boswell and Banner Del Webb Medical Centers. "It gives our patients access to top clinical expertise, treatment planning, and award-winning care, all right here in the community."

That access is becoming increasingly important as cancer care in the West Valley expands.

Banner Boswell already offers a strong oncology program serving patients with breast cancer, urology, melanoma, sarcoma, colorectal, GI cancer, and more. Over the next several years, the program plans to add eight additional oncology surgeons,

significantly increasing the number of patients who can be treated locally.

"Our oncology program is growing by leaps and bounds," Dorward says. "And as we grow our surgeons and services, the support we need has to grow too."

That support spans the full continuum of care, including diagnosis, surgery, treatment, and survivorship. One particular focus is on radiation, as one critical part of that continuum.

Many patients require radiation therapy multiple days a week, often for several weeks at a time. Today, Banner Boswell operates with a single linear accelerator at capacity and nearing the end of its lifecycle. When scheduling or other issues arise, patients may be redirected to other locations, adding stress and logistical challenges during an already difficult time.

In addition to adding more physicians, an expansion would allow more patients to receive advanced treatment right in their own community.

Dorward says, "More than providing care to our community, it's

about growing care that brings hope. And hope creates stories, memories, and healing. That's foundational to why this work is so important."

At the heart of this growth is a shared philosophy. Banner Health's mission: Making healthcare easier, so life can be better, mirrors Sun Health's long-standing commitment to helping people live longer, healthier, more fulfilling lives. Both organizations believe access matters, care should feel seamless rather than burdensome, and health isn't just about treatment, it's about dignity, connection, and quality of life.

This partnership brings those shared values to life in a very real way, ensuring world-class cancer care isn't something patients have to travel far to find, but something woven into the fabric of the West Valley community.

Why Sun Health Foundation is Involved

Sun Health Foundation partners with hospitals and healthcare leaders to support projects that have a direct, lasting impact on the West Valley. By investing in programs like Oncology at Banner Boswell, the Foundation helps remove barriers to care, expand access to advanced treatment, and ensure world-class healthcare is available close to home today and for generations to come.

PROTEIN-PACKED

Fiesta Skillet



Ingredients (Serves 4)

- 1 lb 99% lean ground turkey (or extra-lean ground chicken)
- 1 tbsp olive oil
- 1 sm yellow onion, diced
- 1 red bell pepper, chopped
- 1 zucchini, diced
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika
- 1 (10 oz) can red enchilada sauce (low sodium)
- 1 (15 oz) can black beans, drained and rinsed
- 4 sm corn tortillas (cut into strips)
- ½ cup part-skim shredded mexican cheese blend
- ¼ cup plain nonfat greek yogurt (for topping)
- Fresh cilantro (optional)
- Lime wedges (optional)

Estimated Nutrition (Per Serving)

Calories: ~385
Protein: 39 g
Carbohydrates: 32 g
Fiber: 8 g
Fat: 12 g
Saturated Fat: ~3 g

Directions

- Heat olive oil in a large skillet over medium heat. Add onion, bell pepper, and zucchini. Cook 4 to 5 minutes until softened.
- Add turkey and cook until fully browned, breaking it apart as it cooks. Stir in garlic and spices.
- Pour in enchilada sauce and stir in black beans. Simmer for 5 minutes.
- Gently fold in the corn tortilla strips; let them soften in the sauce for 2 to 3 minutes.
- Sprinkle cheese over the top, cover, and cook until melted (about 2 to 3 minutes).
- Top with a spoonful of Greek yogurt, cilantro, and a squeeze of lime.

PHIL'S STORY:

Catching What You Almost Miss

Phil McNealy, an athlete used to injuries, never thought much of the tiny scab on the tip of his nose. It was so small he picked it off. When it came back, he mentioned it to his dermatologist, almost in passing. A quick biopsy followed, and the result was anything but casual: squamous cell carcinoma.

Dr. Joshua Tournas referred Phil to Banner MD Anderson and told him to plan on being there most of the day. The process would be cut, test, repeat until the cancer was clear. But life had other plans.

Phil had just undergone spinal surgery for a bulging disc at C3 and C4 that was leaving his right arm numb. With Meniere's disease in the mix and the risk of paralysis looming, his spine had to come first.

Once he healed enough, Phil returned to deal with what

he assumed would be a small scrape. It wasn't. Surgeons had to cut all the way down to the cartilage in his nose. The cancer was deeper than anyone expected. A skin graft was taken from behind his ear and stitched onto his nose; more than 20 stitches in all. Even then, they could not fully clear the cancer without taking too much tissue.

That is when radiation became part of the plan.

To protect the rest of his face, the team created a custom mold to target radiation precisely to a tiny spot on his nose. Phil credits Dr. Ravinder Clayton and his surgeon for guiding him through it. Still, the logistics were tough. Treatment wasn't close to home and meant an hour-long drive each way, five days a week, for more than six weeks. Each session lasted just a few minutes, but the routine was exhausting.

Radiation healing was not easy, and the weeks afterward required patience. Today, Phil's nose is healing and starting to look like itself again. The stitches and skin graft are hardly noticeable, and his mustache hair is coming back.

Looking back, he is grateful he spoke up about something that seemed so small.

His advice is simple. Do not ignore changes. Even the tiniest scab can be something more.



Phil McNealy

PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Dr. Ravinder Clayton,
Radiation Oncologist

Clarity and Compassion in Cancer Care

When she's not at the hospital, Dr. Ravinder Clayton usually is spending time with her family. Life revolves around her husband, their two boys, and their dog, with weekends often filled with camping trips, family travel, or simply being together at home.

She loves traveling internationally when time allows and keeps herself grounded through yoga and regular workouts. She's also a longtime Formula 1 fan and rarely misses a race.

That balance between life and work matters to Dr. Clayton, especially in a field as intense as cancer care. What truly drew her to radiation oncology

was the science behind it. She's fascinated by how precisely radiation can be used to treat everything from brain tumors to skin cancers, often with remarkable accuracy.

But for her, the science only works if patients understand it. Cancer can be overwhelming, and she believes clarity makes a difference. Taking time to walk patients through their imaging, diagnosis, and options helps them feel more confident and in control, no matter which path they choose.

Dr. Clayton didn't set out to become a radiation oncologist. Born in India and raised in Vancouver, Canada, she completed all of her medical training

there and initially thought she might become a general practitioner. Early in medical school, she worked closely with a family physician whose wide-ranging knowledge left a strong impression. It wasn't until a third-year elective when she discovered radiation oncology, and the mix of problem-solving, technology, and patient connection immediately clicked.

She moved to Arizona in 2018 to join Banner MD Anderson and has been caring for West Valley patients since, bringing both precision and compassion to every interaction.



BRAIN HEALTH & MEMORY SUPPORT

Stronger Together: Dementia Friends, Families & Brain Health

Wednesday, May 6 | 10 a.m.-noon

Dementia affects many individuals and families, yet it's often misunderstood. This workshop builds understanding, compassion, and practical skills to support people living with dementia and those who care for them. Participants will learn how small actions can make a meaningful difference while gaining tools and resources to foster more dementia-friendly communities.

Location: Grand Community Baptist Church

Dementia Caregiver Support Group

Wednesdays, May 6 & 20 and June 3 & 17 | 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 someone with dementia, join us to share your experiences, learn new approaches, and gather community resources.

Location: Grandview Terrace Health & Rehab

Caring Connections

Mondays, May 11 and June 8 | 10-11:15 a.m.

Caring Connections is a monthly support group for couples to attend together—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

Stronger Together

Dementia Friends, Families & Brain Health

**Wednesday | May 4, 2026
10 a.m. - 12 p.m.**

*Grand Community Baptist Church
18350 N Goldwater Ridge Dr, Surprise, AZ 85374*



Dementia affects many individuals and families, yet it's often misunderstood. This informative workshop builds understanding, compassion, and practical skills to support people living with dementia and those who care for them. Participants will learn how small actions can make a meaningful difference while gaining tools and resources to foster more dementia-friendly communities.



IN PARTNERSHIP WITH



To register: benevella.org/workshops or call (623) 584-4999

Registration begins:
April 14, 2026 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



BRAIN HEALTH & MEMORY SUPPORT

Memory Café

Tuesdays, May 26 and June 23 | 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 participate in a cognitive engagement program.

Location: Salvation Army

Caring Connections

Thursdays, May 28 and June 25 | 10-11:15 a.m.

Caring Connections is a monthly support group for couples to attend together—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

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

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

CIMARRON CENTER AT THE GRAND

17100 W. Clearview Blvd., Surprise, 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

Understanding Medicare **Thursday, May 14 | 10-11 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/is not covered, and the pros and cons of Medicare Advantage Plans and Medicare Supplemental insurance.

Location: Desert Palms Presbyterian Church

Understanding Grief & Mourning **Friday, May 15 | 1:30-2:30 p.m.**

Grief and loss can be overwhelming, but the more you know about what to expect, the less frightening it is. Please join Sun Health Chaplain Patrick Lyons as he discusses the different types of grief and their effects and why expressing grief is so important. He will share ways to help people who are grieving.

Location: Gila Room at the Cimarron Center, The Grand

VA Improved Pension Workshop **Tuesday, May 19 | 1:30-2:30 p.m.**

The VA Pension is available to eligible veterans or surviving spouses of veterans who require assistance with at least two activities of daily living (ADLs). Formerly known as the Aid & Attendance Benefits Program, this workshop is designed to help you understand the eligibility requirements and application process.

Location: Grace Bible Church

Love the Skin You're In! **Tuesday, June 2 | 10-11 a.m.**

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

Location: Sun Health Center for Health & Wellbeing

Understanding Medicare **Thursday, June 4 | 1-2 p.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/is not covered, and the pros and cons of Medicare Advantage Plans and Medicare Supplemental insurance.

Location: Sierra Winds

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.

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.

Registration begins:
April 14, 2026 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



NUTRITION & DIABETES

Nutrition & Heart Health **Thursday, May 7 | 1-2 p.m.**

Why is nutrition important to heart health? Sun Health Nutritionist Sarah Fagus invites you to discover ways that foods can promote heart-healthy living. Learn about dietary patterns that can help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating.

Location: Sierra Winds

Understanding the MyFitnessPal App **Wednesday, May 20 | 10-11 a.m.**

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

Location: Lord of Life Lutheran Church

Living Well with Diabetes **Thursday, June 11 | 10-11 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: Desert Palms Presbyterian

Living Well with Diabetes **Tuesday, June 16 | 1:30-2:30 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: Grace Bible Church

Pantry Staples for Stress-Free, Healthy Meals!

Wednesday, June 17 | 11 a.m.-noon

No time? No problem! Join Nutritionist Sarah Fagus for a lively workshop designed to make healthy eating easier and less stressful. We'll highlight budget-friendly pantry staples, smart shopping strategies, and quick meal ideas. Whether you cook for one, two, or a full household, you'll walk away with simple ways to build meals that are nutritious, satisfying, and easy to enjoy.

Location: Avondale Senior Center

Pantry Staples for Stress-Free, Healthy Meals!

Thursday, June 18 | 10-11 a.m.

No time? No problem! Join Nutritionist Sarah Fagus for a lively workshop designed to make healthy eating easier and less stressful. We'll highlight budget-friendly pantry staples, smart shopping strategies, and quick meal ideas. Whether you cook for one, two, or a full household, you'll walk away with simple ways to build meals that are nutritious, satisfying, and easy to enjoy.

Location: Banner Olive Branch Senior Center



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Visit SunHealthWellness.org/Livewell-magazine



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 May 4 | 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 May 4 | 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 May 4 | 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 May 4 | 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 May 4 | 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 May 6 | 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 May 6 | 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.

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:
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Register by Phone
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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 May 6 | 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.

Chair Drumming

Starts May 6 | 1:45-2:30 p.m.

Participants use large yoga balls and drumsticks to create rhythmic movements that improve strength, coordination, balance, and heart health—all while seated in a chair.

Fridays 8-Week Series

Strength Training

Starts May 8 | 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 May 8 | 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.

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 April 14, 2026



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

Beginning at 8:30 a.m. April 14, 2026

Classes with this icon  have an associated fee.



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Surprise, AZ 85374
(623) 471-9550
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SunHealth.org

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PERMIT NO. 5377

Move More. Live Well. *Thrive Longer.*

Celebrating Senior Health & Fitness



Join Sun Health for a special celebration of **National Senior Health & Fitness Day on May 27, 2026!** We're bringing you a day filled with fitness opportunities, expert-led programs, and activities to help you stay active, feel great, and embrace healthy aging.

What's Happening Wednesday, May 27



Open House Tour

From 8-9:30 a.m. and includes light refreshments



Meet the Wellness staff and Community Partners

Offering free health screenings



Door Prizes and a Raffle

Includes a Fitness Starter Pack, massage gift card, and more



Located at the Center for Health & Wellbeing

14719 W. Grand Avenue, Surprise, AZ 85374

Space is Limited, RSVP Required



A healthier you starts with Sun Health!

To RSVP or learn more, visit
SunHealthWellness.org/fitnessday