

LiveWell

JULY/AUGUST 2026



Alzheimer's & Dementia Awareness

Forgetfulness vs. Dementia:
What's the Difference &
How to Get Help



Sun Health®



Worry-Free RETIREMENT LIVING

Sun Health Communities offer a dynamic, resort-style lifestyle designed for your total well-being where fitness, connection and freedom come together effortlessly. At Freedom Plaza, Grandview Terrace, La Loma Village and The Colonnade, you can stay active with wellness programs, build meaningful relationships through vibrant social opportunities, and enjoy the ease of maintenance-free living. Residents enjoy a dynamic, fulfilling way to thrive, with the confidence of a plan for the future and the freedom to fully enjoy today.

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:

JUL
Thursday
9
11 a.m.

JUL
Tuesday
28
1:30 p.m.

AUG
Thursday
13
11 a.m.

AUG
Tuesday
25
1:30 p.m.

JUL
Tuesday
14
1 p.m.

JUL
Thursday
30
11 a.m.

14719 W. Grand Ave, Surprise, AZ 85374

Center for Health & Wellbeing



Webinars



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

A NOTE FROM *Nora*



I want to be like Sister Mary

Alzheimer's and dementia are topics most of us would rather not think about. They sit in the category of things we file under "later." Until we can't anymore. Until a parent forgets your name or a spouse starts getting lost on a familiar street or you catch yourself wondering whether that word you couldn't find this morning meant something.

Here's what I didn't fully appreciate until we started reporting this issue: 1 in 3 of us will experience dementia before we die. And by the time symptoms appear, the disease has often been developing for 10 to 15 years.

But the science has shifted. We now know there are tests that can signal a predisposition years in advance. We know that lifestyle choices such as how we move, eat, sleep, connect, and challenge our minds genuinely influence what happens in our brains. This is not a roulette wheel. There are things we can do, starting today.

What (or should I say, who) gave me even more hope is Sister Mary, who died at 101. Autopsy results revealed advanced Alzheimer's disease, yet she had not shown symptoms. She remained coherent and active. Researchers credited her active mind, purposeful days, and deep community ties. I want to be like Sister Mary.

This issue is full of articles with the latest findings and stories of people living fully, loving well, and refusing to let fear have the last word. I hope it leaves you feeling the same way it left me: informed, a little braver, and ready to take one step forward.

Warmly

A handwritten signature in black ink that reads "Nora Hannah". The signature is fluid and cursive.

Nora Hannah

Editor, LiveWell Magazine

LiveWell

JULY/AUGUST 2026, ISSUE 91

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

Is It Normal Aging or Something More?

What to expect, What to watch for, When to act

By Maribeth Gallagher, DNP, PMHNP-BC, FAAN, Dementia Program Director at Hospice of the Valley

You walk into a room and forget why you went in. A name sits on the tip of your tongue. Or you need a little extra time to learn something new. If these moments have you wondering if something is wrong, you are not alone.

“The most common misconception I hear is that dementia is an inevitable part of aging,” says Maribeth Gallagher, DNP, PMHNP-BC, FAAN, Dementia Program Director at Hospice of the Valley. “Wrong. Cognitive impairment is not a normal part of aging.” That distinction matters because fear keeps too many people from seeking help when they should.

What's Actually Normal

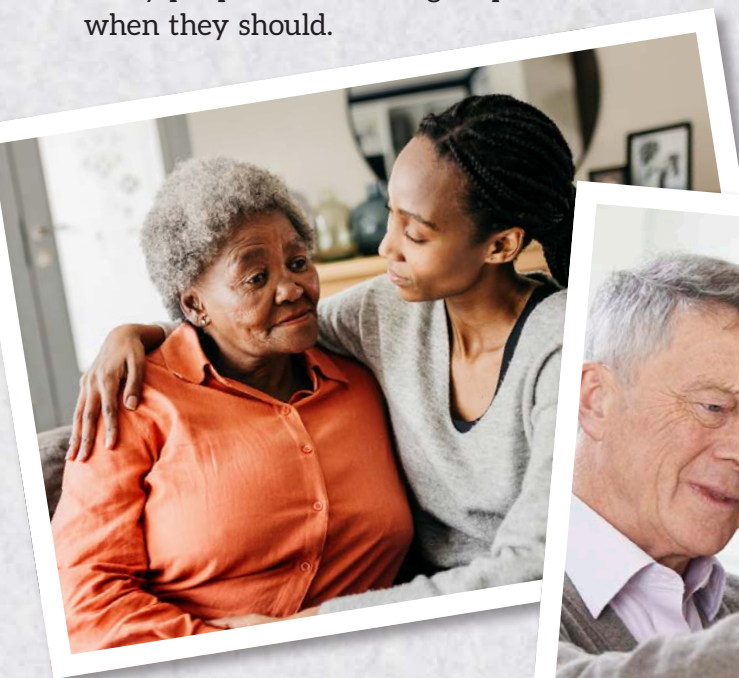
As the brain ages, certain subtle shifts are expected. It may occasionally take a bit longer to retrieve a name or a movie title, but given enough time, the information comes back accurately. The keywords Gallagher emphasizes are “subtle” and “occasionally”.

“These changes do not interfere with a person’s normal, independent, and safe functioning,” she says. “Not all memory changes are dementia. Sleep apnea, thyroid disorders, and certain medications are among the many treatable factors that can affect cognitive function.”

The aging brain also brings real advantages: greater wisdom, stronger emotional regulation, and the ability to draw from a lifetime of experience.

Understanding MCI and Dementia

Mild cognitive impairment (MCI) can affect one or more cognitive functions, including memory, language, attention, reasoning, problem-solving, planning, and visual-spatial skills. It’s a step down from someone’s previous abilities, but most daily activities still can be managed independently.



Signs Worth a Conversation with Your Doctor:

- Noticeable changes in memory, language, or judgment.
- Personality or mood shifts that feel out of character.
- Getting lost in familiar places or losing track of time.
- Difficulty following conversations, movies, or instructions.
- Others noticing changes before the person does.

Gallagher explains anosognosia: when a person is genuinely unable to recognize their own cognitive changes. “People

with anosognosia are not in denial, and they are not being stubborn. This is neurological, not psychological. Trying to convince them that something is wrong often fails and is met with anger and frustration.”

What to Do If You're Concerned

If something feels off, say something.

“Find a caring provider who will take you seriously,” Gallagher says. “Not all memory changes are dementia. You are worth the effort of finding out.”

And finally, “As a community, let’s talk about this more openly,” Gallagher says. “We need to shatter the stigma and shame associated with

dementia so we can support one another.”

If you are quietly worried, please know you are not alone. There are resources to support you.

Sun Health offers a free Memory Care Navigation program for individuals living with MCI or dementia and their families. To learn more, call (623) 471-9300 or visit SunHealth.org. Hospice of the Valley offers a free program, Supportive Care for Dementia, to help people living with MCI and any stage of dementia navigate the challenges so you can live well with dementia. Call (602) 767-8300 or visit dementiacampus.org. HOV's Dementia Care and Education Campus offers free Memory Cafes and education.



When Caring Becomes Consuming

What Caregivers Carry, and Why Support is Not Optional

By Michelle Bradley, DHA, MA, Memory Care Navigator, Sun Health

Dementia doesn't just change the person diagnosed. It quietly reshapes the lives of everyone who loves them.

For family caregivers, the shift is often gradual at first—a few extra responsibilities, a few more worries—until one day they look up and realize they've lost themselves in the role.

Michelle Bradley, Sun Health's Memory Care Navigator, sees this pattern every day.

"As the dementia progresses," she says, "the reliance on the caregiver increases significantly. It becomes harder and harder for them to do the self-care that

everyone keeps telling them to do. It isn't that easy."

One of the less widely recognized dynamics, Michelle says, is emotional mirroring. Even when memory and language have faded, people living with dementia remain remarkably attuned to the emotional state of those around them.

"If the caregiver isn't doing OK, their loved one feels that too," she says. "Their well-being is deeply connected."

That's why Sun Health's Memory Care Navigation program supports caregivers just as much as it supports the person living with memory loss. The

program is offered at no cost to West Valley families. It provides personalized, ongoing support for the whole family: emotional guidance, community resources, and a trusted point of contact from early concerns to diagnosis and through every stage of the journey.

Self-care, Michelle reminds families, doesn't have to mean grand gestures. "Taking care of yourself is not indulgent. It is not a luxury. It is a must," she says. "Sometimes it's stepping outside for two minutes. Listening to a favorite song. Taking a breath."

"The opportunities for self-care do get smaller. But they're still there, and they still matter."



YOUR GUT AND YOUR BRAIN:

A Connection Worth Paying Attention To

By Dr. Brian Browne, PsyD

Many people are surprised when I tell them: If you want to protect your memory as you age, the place to start may not be your brain. It may be your gut.

The trillions of microbes living in our digestive system, known as the gut microbiome, play an important role in how our brains function as we age. These microbes help break down the fiber and complex carbohydrates in our foods into beneficial compounds that reduce inflammation, protect the blood-brain barrier, and support the brain cells involved in memory and learning.

When the gut microbiome is balanced, it helps regulate healthy brain aging and supports mood, focus, and learning. But when that balance is disrupted, it can work against us. An unhealthy microbiome allows harmful compounds and microbial byproducts to enter the bloodstream, promoting chronic low-grade inflammation that can affect the brain over time.

One area that is particularly vulnerable is the hippocampus, the region responsible for forming and storing new memories. When inflammation reaches this part of the brain, it can impair learning and memory. Many common lifestyle factors can disrupt the microbiome,

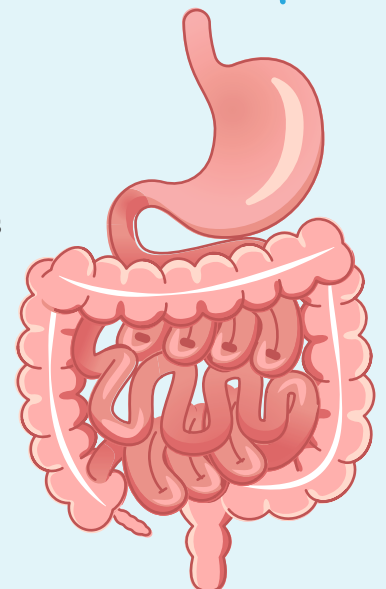
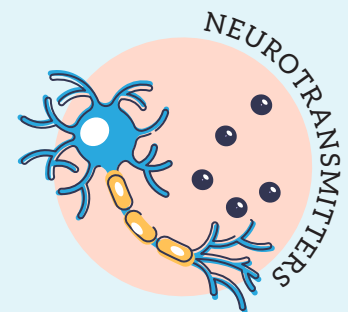
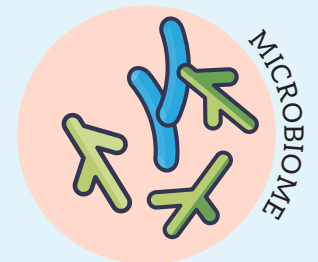
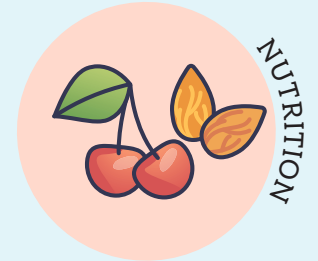
including diets high in ultra-processed foods and refined sugars, low fiber intake, chronic stress, repeated antibiotic exposure, and excessive distilled alcohol use.

The encouraging news is that there are evidence-based ways to support both gut and brain health. Research shows that colorful, plant-rich nutrition, such as a Mediterranean-style eating pattern, helps nourish beneficial gut bacteria. Fermented foods, daily hydration, regular physical activity, restorative sleep, and effective stress management all support a healthy microbiome.

As we age, changes in digestion and nutrient absorption can make it harder to consistently get the nutrients our gut bacteria need. In some cases, targeted supplementation may be helpful.

Clinical research suggests that comprehensive formulas containing prebiotics, probiotics, postbiotics, and digestive enzymes can strengthen the gut-brain connection and support cognitive performance in older adults.

Caring for your gut may be one of the most practical ways to support long-term brain health.



Still Going, *Together*



Richard & Marlene

Marlene has been married to Richard for 45 years. Since his dementia diagnosis, she has been his primary caregiver while also volunteering alongside him at the Sun Health Resale Shop in Sun City West.

How has your life changed since Richard's diagnosis?

Everything, slowly. I took over the driving, the finances, the phone calls, the calendar, and the medications. He had always done the income taxes. That was new for me.

The biggest thing, though, was realizing I was losing myself. Everything was centered on him and the illness. Nothing about me. I had to reach out and say, "I need help. Where am I in all of this?"

What has stayed the same?

We play pickleball in the mornings. We bowl on Fridays; he still gets strikes and spares, go figure! We volunteer at the Sun Health Resale Shop together every Thursday. The resale shop has become family to us. Richard works in the jewelry department. These routines matter.

Tell us about the caregiver support group. What has that meant to you?

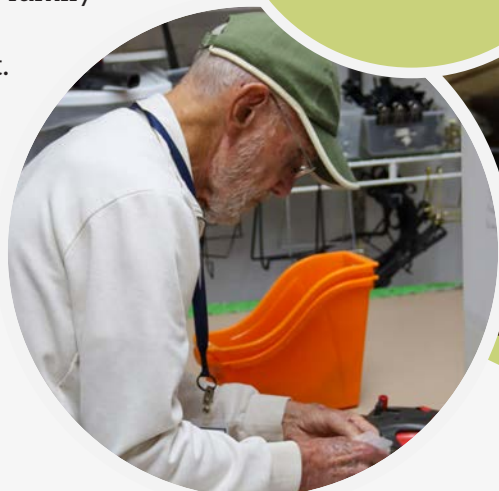
It's been phenomenal. A safe place where you can say what you need to say, and it stays there. People understand what you're going through. They've been in it. I can also look around and think, "I really am blessed" because there are people carrying heavier loads than mine.

What advice would you give someone just starting this journey?

Reach out. Don't try to do it alone. Find your communities: your family, your neighbors, your faith community, Sun Health. They are all there.

You need people in this. You need support to keep your sanity, to stay healthy, to not lose yourself. Because that can happen. You need to keep yourself healthy physically, mentally, and emotionally so that you can carry this journey forward.

"I really am blessed because there are people carrying heavier loads than mine."



PRACTITIONER SPOTLIGHT

HIGHLIGHTING OUR COMMUNITY'S EXPERTS



Dr. Thomas Beach,
*Director, Neuroscience & Brain and Body
Donation Program
Banner Sun Health Research Institute*

From the Microscope to the Mountainside

When Dr. Thomas Beach was 9 years old, he visited his grandmother in her nursing home. She looked up at his father and asked, “And who are you, young man?” That moment never left him. Decades later, it would become part of what drew him into a career dedicated to understanding Alzheimer’s disease.

Dr. Beach grew up in Canada, born in Regina, Saskatchewan, and raised largely in Calgary before his family moved to Vancouver when he was 15. His father, who died in 2016, was a fire chief; his mother (now 96 years young!) was a nurse and competitive swimmer who made sure all five kids knew how to swim and how to work hard.

Those lifeguarding summers helped put Dr. Beach through college, and his mother’s steady encouragement eventually led him to medical school at the University of British Columbia.

But it was a year away from medical school spent in a research lab studying Alzheimer’s and Parkinson’s diseases that set the course of his career. He was drawn in by the science of it: the intersection of aging, neurobiology, and histology. The stunning and heartbreaking world revealed under a microscope, like exploring another universe.

His clinical training took him to New York City as an exchange intern, arriving just as the AIDS crisis was breaking out. He cared for patients with the disease, lost his chief resident to it, and found himself with the unsettling awareness of living through a medical history being written in real time. It was that same intensity of uncertainty and purpose that sharpened his instinct for research: the need not just to treat, but to understand.

He returned to the same lab after earning his M.D. to complete his Ph.D. By then, the

work had also become personal. His great-grandmother, his grandmother, and eventually his father all showed signs of dementia. His father had a very slow decline, and his mother cared for him very well, so as a result, he had several good years after his first symptoms.

Outside the lab, Dr. Beach has always sought open sky. As a young man, he took multiweek bicycle camping trips through British Columbia, Hawaii, and down the Pacific Coast from Seattle to San Francisco. Today, he and his wife Lucia hike the trails of Sedona, the Grand Canyon, and the mountains close to home. Their four children and three grandchildren keep the weekends full, joyful, and grounded.

It is that same sense of wonder—for the natural world, for the complexity of the human brain, for what science might still uncover—that continues to fuel Dr. Beach’s work every day.



BRAIN HEALTH & MEMORY SUPPORT

Dementia Caregiver Support Group Wednesdays, Jul. 1 & 15 and Aug. 5 & 19 | 3-4 p.m.

Caring for a loved one with dementia can be challenging, but you don't need face it alone. Sun Health's Memory Care Navigator team invites you to join the Dementia Caregiver Support Group, 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, Jul. 13 and Aug. 10 | 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, Jul. 23 and Aug. 27 | 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, Jul. 28 & Aug. 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

Stronger Together: Dementia Friends, Families, and Brain Health Tuesday, Aug. 18 | 1:30-2:30 p.m.

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 learn how small actions can make a meaningful difference while gaining tools and resources to foster more dementia-friendly communities.

Location: Grace Bible Church

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:
June 9, 2026 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



HEALTH & WELL-BEING

Fall Prevention: Simple Ways to Reduce Risk

Thursday, Jul. 9 | 10-11 a.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: Desert Palms Presbyterian Church

Take Care of Your Feet: A Guide to Diabetic Foot Care

Tuesday, Jul. 14 | 10:30-11:30 a.m.

Taking care of your feet when you have diabetes is an important part of your self-care regimen. Diabetic nerve damage can lessen your ability to feel sensations like pain, heat, and cold. Nerve damage can even cause the shape of your feet and toes to change, making regular shoes uncomfortable. Please join Dr. Dylan Kaumaya with Roadrunner Foot and Ankle for his workshop on how to care for your feet.

Location: United Church of Sun City

Advance Directives

Wednesday, Jul. 15 | 10-11 a.m.

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

Location: Lord of Life Lutheran Church

The Power of Movement

Thursday, Jul. 16 | 10-11 a.m.

Movement is one of the most effective tools for maintaining strength, mobility, balance, and independence with age. Please join Dr. Arlene Lazaro, D.O. from Kaya Lifestyle Medicine, for a discussion on the role of physical activity in healthy aging and practical ways to stay active safely and consistently.

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 register for yourself and others in the same transaction. Visit SunHealthWellness.org/classes to sign up online today.



Register Online SunHealthWellness.org

Beginning June 9, 2026



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

Beginning at 8:30 a.m. June 9, 2026

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



HEALTH & WELL-BEING

Protecting Your Personal Info Online: How to Stay Safe

Thursday, Jul. 23 | 10-11 a.m.

This presentation covers the ins and outs of how to protect your personal information online. Topics include tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK, or not, to share your personal information online.

Location: Goodyear Recreation Center

Fall Prevention: Simple Ways to Reduce Your Risk

Friday, Jul. 24 | 10-11 a.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: The Colonnade, a Sun Health Community

Take Care of Your Feet: A Guide to Diabetic Foot Care

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

Taking care of your feet when you have diabetes is an important part of your self-care regimen. Diabetic nerve damage can lessen your ability to feel sensations like pain, heat, and cold. Nerve damage can even cause the shape of your feet and toes to change, making regular shoes uncomfortable. Please join Dr. Dylan Kaumaya with Roadrunner Foot and Ankle for his workshop on how to care for your feet.

Location: Freedom Plaza, a Sun Health Community

Less Stress, Better Health

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

Stress affects many aspects of health, including inflammation, sleep, pain, energy, and resilience. Please join Dr. Arlene Lazaro, D.O. from Kaya Lifestyle Medicine, for her talk on how stress influences the body as we age and learn practical strategies to support well-being and overall health.

Location: Sierra Winds

Rest Well, Age Well

Thursday, Aug. 13 | 10-11 a.m.

Sleep plays an important role in memory, mood, energy, physical health, and overall well-being. Please join Dr. Arlene Lazaro, D.O. from Kaya Lifestyle Medicine, and learn about how sleep changes with age, why it matters for healthy aging, including brain health, and what older adults can do to improve sleep quality.

Location: Desert Palms Presbyterian Church

Protecting Your Personal Info Online: Learn How to Stay Safe!

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

This presentation covers the ins and outs of protecting your personal information online. It covers tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK, or not, to share your personal information online.

Location: Avondale Senior Center

Registering Just Got Easier!

No account required—no password to remember.

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

Visit SunHealthWellness.org/classes to sign up online today.

Registration begins:
June 9, 2026 at 8:30 a.m.



Register Online
SunHealthWellness.org



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

Fall Prevention: Simple Ways to Reduce Your Risk

Tuesday, Aug. 25 | 10-11 a.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: Grandview Terrace, a Sun Health Community

Advance Directives

Tuesday, Aug. 25 | 2-3 p.m.

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

Location: Freedom Plaza, a Sun Health Community

Advance Directives

Thursday, Aug. 27 | 10-11 a.m.

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

Location: Goodyear Recreation Center

Advance Directives

Friday, Aug. 28 | 10-11 a.m.

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

Location: The Colonnade, a Sun Health Community

Take Care of Your Feet: A Guide to Diabetic Foot Care

Monday, Aug. 31 | 1-2 p.m.

Taking care of your feet when you have diabetes is an important part of your self-care regimen. Diabetic nerve damage can lessen your ability to feel sensations like pain, heat, and cold. Nerve damage can even cause the shape of your feet and toes to change, making regular shoes uncomfortable. Please join Dr. Dylan Kaumaya with Roadrunner Foot and Ankle for his workshop on how to care for your feet.

Location: Faith Presbyterian 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

SALVATION ARMY

17420 N. Avenue of the Arts, Surprise, AZ

SIERRA WINDS

17300 N. 88th Ave., Peoria, 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

SURPRISE SENIOR CENTER

15832 N. Hollyhock St., Surprise, AZ

UNITED CHURCH OF SUN CITY

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



NUTRITION & DIABETES

Nutrition and Heart Health

Wednesday, Jul. 15 | 11 a.m.-noon

Why is nutrition important to heart health? The Sun Health Nutrition Team invites you to discover ways foods can promote heart-healthy living. Topics include dietary patterns to help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating.

Location: Avondale Senior Center

Nutrition and Heart Health

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

Why is nutrition important to heart health? The Sun Health Nutrition Team invites you to discover ways foods can promote heart-healthy living. Topics include dietary patterns to help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating.

Location: Grace Bible Church

Nutrition and Heart Health

Monday, Jul. 27 | 1-2 p.m.

Why is nutrition important to heart health? The Sun Health Nutrition Team invites you to discover ways foods can promote heart-healthy living. Topics include dietary patterns to help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating.

Location: Faith Presbyterian Church

Nutrition and Heart Health

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

Why is nutrition important to heart health? The Sun Health Nutrition Team invites you to discover ways foods can promote heart-healthy living. Topics include dietary patterns to help with blood pressure control, suggestions for reducing added sugars, and overall healthy eating.

Location: United Church of Sun City

Living Well with Diabetes

Wednesday, Aug. 19 | 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: Lord of Life Lutheran Church

Nutrition for Longevity

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

Nutrition is a key part of maintaining strength, vitality, and long-term health. Please join Dr. Arlene Lazaro, D.O. with Kaya Lifestyle Medicine, for her discussion on how food choices influence aging, inflammation, energy, and disease risk. Learn about realistic strategies for eating well over time.

Location: Banner Olive Branch 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

Registration begins:
June 9, 2026 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.

Wednesdays, 8-Week Series

Balance: Mind & Body

Starts Jul. 1 | 10-11 a.m.

Starts Aug. 26 | 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 Jul. 1 | 10-11 a.m.

Starts Aug. 26 | 11:15 a.m.-12:15 p.m.

The health benefits of Tai Chi Chuan in five easy-to-do movements. This class works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

Core to Strength

Starts Jul. 1 | 10-11 a.m.

Starts Aug. 26 | 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 Jul. 1 | 10-11 a.m.

Starts Aug. 26 | 12:30-1:30 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 Jul. 10 | 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 Jul. 10 | 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.

Mondays, 8-Week Series

Chair Yoga Plus

Starts Aug. 24 | 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 Aug. 24 | 10:15-11 a.m.

The health benefits of Tai Chi Chuan in five easy-to-do movements. This class works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

Balance & Posture

Starts Aug. 24 | 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 Aug. 24 | 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 Aug. 24 | 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.



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

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

La Loma Village

Litchfield Park, AZ

Grandview Terrace

Sun City West, AZ

The Colonnade

Surprise, AZ



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