

LiveWell

SEPTEMBER/OCTOBER 2026

The Joyspan Life

Dr. Kerry Burnight on redefining aging and the cutting-edge research that's transforming longevity

Women's Health:

Expert insights on midlife wellness



Join Us Nov. 19-20
For Sun Health's
**LIVEWELL
CONFERENCE**

See page 5

SUN HEALTH PRESENTS

A Day with *Matt Paxton*

America's #1 Downsizing Expert



What if letting go felt freeing *instead of overwhelming?*

Join **Matt Paxton**—renowned host of TV shows like *HOARDERS*, *Legacy List*, and *Filthy Fortunes*—for an energizing, practical and inspiring presentation designed to help you take control of your space and your future.



You'll learn how to:

- Let go of excess without losing what matters most
- Navigate the emotional side of downsizing with confidence
- Simplify your home—and create clarity for what's next
- Turn life transitions into opportunities for growth

Whether you're preparing for a move or simply ready for a fresh start, you'll leave with a new mindset and actionable next steps.

Connect with residents and hear real stories of downsizing with success.

Keep the memories. Lose the clutter. Gain a clearer path *forward*.
Space is limited! Reserve your seat today.

Wednesday, October 21

11:30 a.m. - 1 p.m.

The Colonnade

19116 N. Colonnade Way
Surprise, AZ

RSVP: (623) 236-3770

Thursday, October 22

11:30 a.m. - 1 p.m.

Freedom Plaza

13373 N. Plaza Del Rio Blvd.
Peoria, AZ 85381

RSVP: (623) 876-2415



A NOTE FROM *Nora*



There's a quiet pattern I've noticed among women in their 60s, 70s, and beyond: they stop advocating for themselves. Somewhere along the way, the conversation about hormones, bone density, breast health, and cognitive vitality seems to get shelved as if it no longer applies.

But it absolutely does.

Women's health has been dismissed, undertreated, and underfunded for generations. Hormone therapy research alone produced flawed, outdated conclusions that shaped decades of clinical decisions and patient fears. Much of that has since been overturned. The Science moved; but not all the doctors did.

This issue is about what the newer research actually says, the providers who are keeping up with it, and the questions every woman deserves to feel confident asking. Don't wait for your doctor to bring it up. Bring it up yourself.

Ask your provider:

1. How do you stay current on women's health research, particularly around menopause and hormones?
2. If a symptom is affecting my quality of life but doesn't show up in my labs, how do you approach that?
3. Who do you refer to when women's health questions go beyond your scope?

Share this with your sister, your friend, your daughter — especially the one who thinks this doesn't apply to her yet. Your health is not something to hand off or postpone. You are the expert on your own body.

This issue is for you.

A handwritten signature in black ink that reads "Nora Hannah".

Nora Hannah

Editor, LiveWell Magazine

LiveWell

SEPTEMBER/OCTOBER 2026, ISSUE 92

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SUN HEALTH AT HOME

(623) 227-4663

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SUN HEALTH COMMUNITIES

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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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The Case for Joy

Before her feet hit the floor each morning, Dr. Kerry Burnight's 96-year-old mother does something quietly radical. She counts what doesn't hurt.

It sounds simple, and it is. But for Dr. Burnight, gerontologist and author, that ritual captures the whole argument. "Joy is a choice," she says. "It's not a popular opinion. But it's a recognition, a belief, a cultivation. And it takes work."

In her New York Times bestselling book *Joyspan*, a term she coined, she explains that in a world fixated on lifespan and healthspan, there is a glaring gap. No one was really talking about quality of life, joyfulness, and how to define and find it.

"Joy isn't the same as happiness," she explains. "Happiness is dependent on everything going right. Joy is internal. It's about contentment and well-being. It can be found, even in the midst of pain and grief."

That's an important distinction for a generation raised on what Dr. Burnight calls the Decline Aging Mindset (DAM). The \$60-billion anti-aging industry is built on the premise that growing older is something to resist. Her research, and 35 years alongside thousands of older adult patients, tells a different story.

"In addition to the challenges, there are also things shown to get better as you grow older," she says. "You stop caring so much about what others think. Your decision-making and problem-solving abilities improve. Your emotional regulation improves. Your appreciation for music, for art, for the people you love all deepens. Leaning into the strengths of growing older puts you on a completely different path."

Her book centers on four practices:

Grow: Self-development and stepping out of your comfort zone. Pushing yourself. One bed-bound patient decided her growth would be becoming a better, more intentional listener.

Connect: Proactively, boldly, diversifying your social group the way you'd diversify a portfolio. Offer a ride to a doctor appointment, remember a birthday, show up. The Harvard Study of



Dr. Kerry Burnight



Dr. Kerry Burnight and her mother.

Adult Development found the quality of our relationships predicts our well-being more than almost anything else.

Adapt: Not toxic positivity, but real resilience. Feel the grief, mourn the changes. Stand back up. Find a way through.

Give: Purpose doesn't end with age. Research links a sense of giving to lower inflammation and stronger immunity. And being able to receive from others is part of it, too.

Seventy-five to 80% of aging is not genetic. It's choices. We generate roughly 60,000 thoughts a day, and those thoughts shape our lived experience of getting older. The negative ones pile up and so do the intentional ones.

The goal of Joyspan isn't perfection. "No one gets through life and says, I nailed that," she says. "The greatest thing any of us can do is recognize that hard things will come, then decide now how we'll find joy anyway."

"At your funeral, no one talks about your bank account or your abs," she says. "They talk about how you laughed. How you handled hard things. How you lived."



See Dr. Kerry Burnight LIVE

Bestselling author of Joyspan and a nationally recognized gerontologist, **Dr. Kerry Burnight** is helping reshape the conversation around aging. Her work explores how joy, connection, meaning, and purpose can be a core part of living well in life's second half.

Join her at LiveWell Conference

November 19-20, 2026

Midwestern University, Glendale, AZ

Two days of inspiring speakers, practical tools, and trusted insights to help you live longer, healthier, and happier.

See back cover for details.



BEYOND THE SCALE

A NEW MIDLIFE HEALTH STRATEGY FOR WOMEN

For decades, women's health has focused on symptom management and disease treatment. Today, a new perspective is emerging, one centered on helping women maintain strength, vitality, and well-being as they age.

In this model, managing symptoms is not the end goal but rather a means of supporting healthy habits that improve quality of life and reduce the risk of chronic disease.

Midlife marks one of the most significant physiological transitions in a woman's life. As hormone levels fluctuate and decline, women experience changes in body composition, bone density, metabolic function, sleep, cognition, and the regulation of hunger. Understanding the role estrogen plays and the lifestyle factors that can help mitigate these changes is essential to long-term health.

The challenge many women face is not a lack of desire to be healthy. It is the lack of a roadmap that acknowledges how physiology changes during midlife.

Many specialists now recognize that appropriately prescribed hormone therapy may offer meaningful benefits for symptom relief, long-term health, and quality of life. At the same time, GLP-1 medications have emerged as another tool for addressing metabolic challenges. They support weight loss by regulating appetite and blood sugar, making it easier to maintain healthier behaviors.

Using medication as a strategic tool allows us to move beyond symptom management, to design a plan for building the habits that protect health, function, and quality of life during major hormonal shifts.

Medication should not replace the foundational behaviors that support healthy aging. Research suggests that many individuals regain a substantial portion of lost weight after discontinuing GLP-1 therapy when nutrition and exercise habits have not been well established. Weight loss without purposeful exercise and optimal protein intake leads to loss of lean muscle.

Strength training two to four times per week is critical for maintaining muscle mass and supporting metabolic health, brain function, bone density, and overall resilience. Adequate protein intake helps preserve lean tissue while



supporting satiety, insulin sensitivity, and glucose regulation. Together, these habits provide critical signals to the body for long-term health.

The foundation of this approach is a Longevity Pyramid built on movement, strength training, nutrition, sleep, and emotional well-being. Personalized interventions such as hormone therapy, GLP-1 medications, health coaching, and emerging technologies are most effective when built upon this foundation.

The future of women's health is not about choosing between lifestyle and medical intervention. By mastering the right tools, the right timing, and the precise dose, women can build habits that lock in strength, vitality, and quality of life for decades to come.

About the Author: Michele Wong, Chief Operations Officer at Active Wellness, is a leader in fitness and wellness management with over 25 years of experience operating diverse health and wellness models. She specializes in building high-performing teams that deliver exceptional experiences focused on creating healthier communities through integrated fitness, nutrition, and health coaching. Michele holds a master's degree in kinesiology, is a subject matter expert for the American Council on Exercise, and is an active member of the Medical Fitness Association.

About Active Wellness: Active Wellness brings 30 years of excellence, transforming fitness centers into the vibrant heartbeat of residential and local communities. By providing the strategic roadmap, cutting-edge technology, and management expertise needed to elevate wellness offerings, Active Wellness drives resident satisfaction, engagement, and long-term functional independence.



Ready to See Beyond the Scale?

Hear Michele Wong live at the LiveWell Conference and learn how women can thrive through midlife and healthy aging.

See back page for details.



Michele Wong, MS, COO,
Active Wellness



What Comes After Menopause

The risks, the research, and why the conversation is just getting started

With Dr. Lizellen La Follette, LL, MD, MSCP, FACOG

Most women are taught to think of menopause as something they go through. The reality is more precise.

Menopause is defined as one full year without a menstrual cycle. Before that milestone is perimenopause, a transition that can bring sleep disruption, hot flashes, and night sweats. After it comes the chapter most women aren't fully prepared for.

"The bleeding years are behind you," Dr. La Follette says, "but the health risks are just beginning."

The three most significant concerns post-menopause are cardiovascular disease, stroke, and bone loss (think: hip fractures). The most powerful tool, she says, is exercise. A mix of cardiovascular activity and weight training, totaling 150 minutes per week, can meaningfully reduce these risks.

After menopause, she is clear: exercise is the most important factor for a long, healthy life.

On hormone therapy (HRT), the science has shifted. The original Women's Health Initiative (WHI) study had significant flaws: participants averaged 63 years old and used synthetic, pro-inflammatory forms of estrogen and progesterone. Since 2004, the standard has changed to bioidentical estradiol and natural progesterone. These body-identical formulations tell a very different story.

"HRT started within 10 years of menopause is now understood to be protective against breast cancer, colon cancer, bone loss, and likely heart disease. The original fear," she says, "has been largely refuted by the data."

Route of delivery matters too. Transdermal formulations like

patches and gels are preferred over oral estrogen, which can increase clotting risk. For women in their 60s who went into menopause late or those who stopped HRT within the last decade, starting again may still be an option worth discussing.

"The reality is there is very little risk. Will they get the same protective effects as when started earlier in the menopause transition? We don't know. We do know oral estrogen in the WHI study caused more strokes in older women in the first year. Whether transdermal carries the same risk, we hope not, but we don't yet know," Dr. La Follette says.

The conversation, in other words, is not over. It may just be getting started.

PRACTITIONER SPOTLIGHT

HIGHLIGHTING INDUSTRY EXPERTS



Dr. Lizellen La Follette,
*Board-Certified Ob-Gyn Leader, Educator
And Researcher*

A Thread Worth Following

There is a thread running through Dr. Lizellen La Follette's life. From a childhood spent crossing borders to a career built on listening to women whose concerns had long been dismissed, she has always been drawn to what gets overlooked.

Born in Rhode Island, she moved to upstate New York when she was young. Dr. La Follette then moved with her family to Brussels, then Paris, where her mother enrolled the children in entirely French-speaking schools until fluency arrived naturally.

Back in the states, she headed to New York City to become an actress, enrolling in Circle in the Square's summer acting program.

Income came from an unexpected direction: an

international advisory group helping third-world countries manage debt at Lehman Brothers, Lazard Freres, and SG Warburg. Hired for her French, she flew the Concorde monthly from New York to Paris, then on to Kinshasa, Zaire (now Congo), to meet with the IMF, World Bank, and Zaire's Central Bank.

It was in central Africa that something shifted.

Those countries needed medical care far more than financial advice. She returned to the U.S. and entered premed at Harvard, medical school at Case Western Reserve, and then an OB-GYN residency. That specialty lets her care for women across every stage of life while also working with her hands in the operating room.

Her practice has been shaped by mentors and patients who pushed her to think harder: a 70-year-old statistics professor who challenged the math on an estrogen cream insert; women who were told vaginal delivery was impossible, who proved otherwise; a patient whose bone density was checked once at menopause, and never again, until osteoporosis had quietly set in.

She recognized early that the Women's Health Initiative study was flawed and prescribed HRT when few colleagues would. The research has since caught up. Medicine's best quality, she believes, is also its hardest: the willingness to say "I was wrong."

She practices in the San Francisco Bay Area, where she lives with her husband and two daughters.



BRAIN HEALTH & MEMORY SUPPORT

Dementia Caregiver Support Group

Caring for someone with dementia can feel overwhelming, but you don't have to do it alone. Join our supportive community to share experiences, gain practical strategies, access resources, and connect with others who understand the journey.

Wednesdays

Sept. 2 & 16 | 3-4 p.m. | Grandview Terrace Health & Rehab

Oct. 7 & 21 | 3-4 p.m. | Grandview Terrace Health & Rehab

Normal Aging or Something More? Understanding the Signs of Dementia

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

Tuesday, Sept. 8 | 10:30-11:30 a.m. | United Church of Sun City

Wednesday, Sept. 16 | 10-11 a.m. | Lord of Life Lutheran Church

Caring Connections

Caring Connections is a bi-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.

Thursday, Sept. 10 & 24 | 10-11:15 a.m. | Sun Health Center for Health & Wellbeing

Thursday, Oct. 8 & 22 | 10-11:15 a.m. | Sun Health Center for Health & Wellbeing

Expressive Connections

A new monthly program offering structured, arts-based experiences designed to foster social connection, support emotional wellbeing, and promote meaningful engagement for individuals living with mild cognitive impairment or early-stage dementia and/or their care partners. Participants are welcome to attend on their own or together.

Thursdays, Sept. 24 and Oct. 22 | 11:30 a.m.- 12:45 p.m.

Sun Health Center for Health & Wellbeing

Memory Café

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.

Tuesdays, Sept. 22 and Oct. 27 | 10-11:30 a.m. | Salvation Army

Understanding Grief & Mourning

Grief and loss can be overwhelming experiences, but the more you know about what to expect, the less frightening it is. 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 grieving people.

Thursday, Oct. 1 | 1-2 p.m. | Sierra Winds

Monday, Oct. 26 | 1-2 p.m. | 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

Registration begins:
Aug. 11, 2026 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



HEALTH & WELL-BEING

Understanding Medicare

Learning about Medicare can be overwhelming. Deborah Bates, owner and 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.

Wednesday, Sept. 2 | 10-11 a.m. | Grand Community Baptist Church

Tuesday, Sept. 15 | 10-11 a.m. | Sun Health Center for Health & Wellbeing

Wednesday, Oct. 21 | 10-11 a.m. | Lord of Life Lutheran Church

Rx Matters

This presentation is designed to help older adults better understand prescription medication safety. Learn the differences between medication misuse and abuse, the potential health risks and consequences, and practical ways to safely manage medications. The presentation includes guidance on how to communicate effectively with doctors and pharmacists, important questions to ask about medications and pain management, affordable medication options, and safe storage and disposal practices for prescription drugs. This presentation is offered by the Maricopa Elder Behavioral Health Advocacy Coalition.

Wednesday, Sept. 2 | noon-1 p.m. | Surprise Senior Center

Wednesday, Sept. 9 | 10-11 a.m. | Lord of Life Lutheran Church

Thursday, Sept. 24 | 10-11 a.m. | Goodyear Recreation Center

Monday, Sept. 28 | 1-2 p.m. | Faith Presbyterian Church

Thursday, Oct. 15 | 10-11 a.m. | Banner Olive Branch Senior Center

Tuesday, Oct. 20 | 1:30-2:30 p.m. | Grace Bible Church

Protecting Your Personal Info Online

This presentation covers the ins and outs of how to protect your personal information online. We'll cover 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.

Thursday, Sept. 3 | 1-2 p.m. | Sierra Winds

Arthritis 101: Ways to Feel Better and Stay Active

Arthritis can cause pain, stiffness, and trouble moving, but there are many ways to help manage it. Dr. James Mackenzie from Arizona Sports Medicine Center discusses what arthritis is, common signs and symptoms, and simple ways to protect your joints. He will also talk about treatment options, including exercise, healthy habits, medications, and new advances in joint care and surgery. Learn how to stay active, reduce pain, and improve daily life!

Thursday, Sept. 10 | 10-11 a.m. | Desert Palms Presbyterian Church

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Class Registration is Easy!

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.

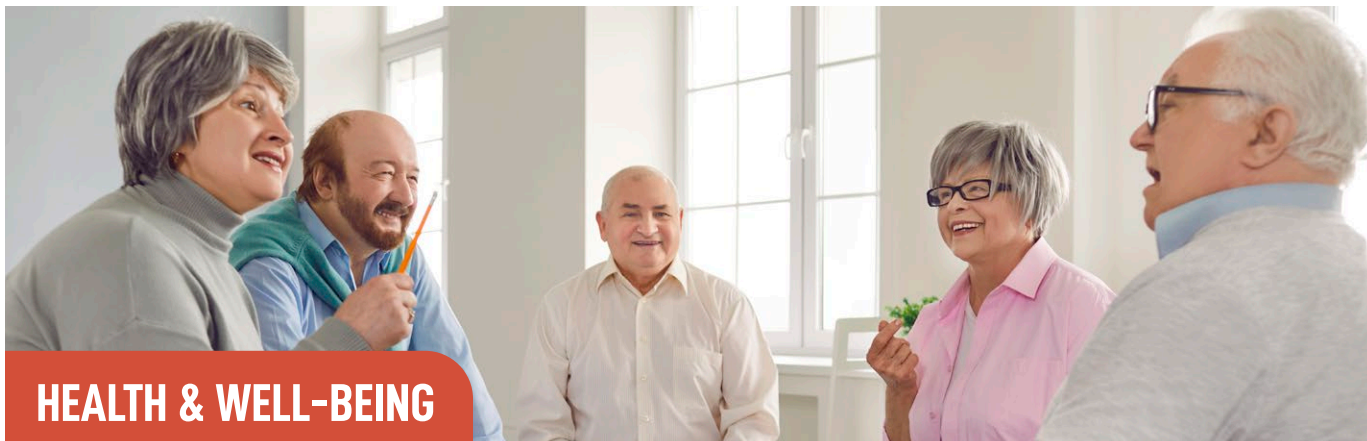


Register Online SunHealthWellness.org
Beginning Aug. 11, 2026



Register By Phone (623) 471-9355
except where noted
Beginning at 8:30 a.m. Aug. 11, 2026

Classes with this icon () have an associated fee.



HEALTH & WELL-BEING

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

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. Join Dr. Dylan Kaumaya with Roadrunner Foot and Ankle for his workshop on how to care for your feet.

Tuesday, Sept. 15 | 1:30-2:30 p.m. | Grace Bible Church

Advance Directives

Advance care planning conversations help to ensure that a person's beliefs, values, and preferences are understood, and then documented, so they are in place to guide future decision-making at a time 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 healthcare wishes.

Thursday, Sept. 17 | 10-11 a.m. | Banner Olive Branch Senior Center

Building Connections:

Overcoming Social Isolation in Older Adults

Feeling connected to others is important for healthy aging. Learn how social isolation and loneliness can affect physical, emotional, and mental well-being. We will discuss the causes and effects of isolation, the benefits of staying socially engaged, and ways to build meaningful connections with family, friends, and the community.

Wednesday, Oct. 14 | 10-11 a.m. | American Lutheran Church

Aging in Place: Staying Safe and Independent at Home

Many older adults want to remain in their own homes as they age. This presentation by the Surprise Fire-Medical Department and Sun Health at Home will explore practical ways to age in place safely and confidently. Learn how to reduce fall risks, make your home safer, prepare for emergencies, and stay connected to community resources.

Friday, Oct. 16 | 2-3 p.m. | Cimarron Center at The Grand

LIFESTYLE MEDICINE SERIES: PRACTICAL STRATEGIES FOR HEALTHY AGING

A four-part educational series for older adults focused on how everyday habits can support health, function, and quality of life with age. Each session combines basic science with practical, evidence-informed strategies that participants can apply in daily life.

Location: Sun Health Center for Health & Wellbeing

Nutrition for Longevity

Thursday, Oct. 8 | 2-3 p.m.

Nutrition is a key part of maintaining strength, vitality, and long-term health. This session explores how food choices influence aging, inflammation, energy, and disease risk, and offers realistic strategies for eating well over time.

The Power of Movement

Thursday, Oct. 15 | 2-3 p.m.

Movement is one of the most effective tools for maintaining strength, mobility, balance, and independence with age. This session explores the role of physical activity in healthy aging and offers practical ways to stay active safely and consistently.

Registration begins:
Aug. 11, 2026 at 8:30 a.m.



Register Online
SunHealthWellness.org



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

Less Stress, Better Health

Thursday, Oct. 22 | 2-3 p.m.

Stress affects many aspects of health, including inflammation, sleep, pain, energy, and resilience. This talk explores how stress influences the body as we age and shares practical strategies to support well-being and overall health.

Rest Well, Age Well

Thursday, Oct. 29 | 2-3 p.m.

Sleep plays an important role in memory, mood, energy, physical health, and overall well-being. This session reviews how sleep changes with age, why it matters for healthy aging, including brain health, and what older adults can do to improve sleep quality.

THE ART OF HEALTHY AGING

Sun Health is proud to partner with West Valley Arts Council on The Art of Healthy Aging, a Free series that celebrates wellness, creativity, and purposeful aging; bringing together community, education, and inspiration!

Location: West Valley Arts Council

Rhythm, Wellness & Connection

Tuesday, Sept. 1 | 10-11:30 a.m.

Join Dr. Lydia Woods of Drum Arizona for an engaging and interactive workshop that explores how rhythm and drumming can support healthy aging. Participants will discover how music, movement, and creative expression can enhance brain health, reduce stress, improve mood, and foster social connection. No musical experience needed, just come ready to have fun, learn, and experience the power of rhythm.

Watercolor & Zentangle® Inspiration

Tuesday, Oct. 6 | 10-11:30 a.m.

Discover how art can reduce stress, promote relaxation, and support healthy aging. Join Daisy Brady, Gallery Director of the West Valley Arts Council, for a relaxing and creative watercolor workshop combining the beauty of watercolor painting with the mindful art of Zentangle®. Learn simple techniques for creating colorful watercolor backgrounds and enhancing them with easy-to-draw patterns that encourage focus, creativity, and self-expression. No artistic experience required.

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

CIMARRON CENTER AT THE GRAND

17110 W. Clearview Blvd., 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

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

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

SURPRISE SENIOR CENTER

12641 W. Santa Fe Dr., Surprise, AZ

UNITED CHURCH OF SUN CITY

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

WEST VALLEY ARTS COUNCIL | ARTS HQ GALLERY

16126 N. Civic Center Plaza, Surprise, AZ



PHYSICAL FITNESS

Classes are held at the Sun Health Center for Health & Wellbeing at 14719 W. Grand Ave., Surprise. All classes are offered as weekly multisession series at \$5 per class, paid in full at the time of registration.

Mondays, 8-Week Series

Chair Yoga Plus \$

Starts Oct. 19 | 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 Oct. 19 | 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 Oct. 19 | 11:15 a.m.-12:15 p.m.

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 Oct. 19 | 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 Oct. 19 | 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 Oct. 21 | 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 Oct. 21 | 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 Oct. 21 | 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.

Registration begins:
Aug. 11, 2026 at 8:30 a.m.



Register Online
SunHealthWellness.org



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



PHYSICAL FITNESS

Fridays 8-Week Series

Strength Training

Starts Sept. 4 | 10:30 – 11:30 a.m.

Starts Oct. 30 | 10:30 – 11:30 a.m.

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

Chair Yoga Plus

Starts Sept. 4 | 11:45 a.m. – 12:45 p.m.

Starts Oct. 30 | 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.

A Matter of Balance®

Starts Sept 4 | 1:30-3:30 p.m.

This evidence-based program is designed specifically for adults age 65 and older concerned about falling or who have limited their activities due to fear of falling. Program is especially beneficial for older adults managing chronic conditions, recent changes in mobility, or concerns about maintaining independence. Sessions are led by students from A.T. Still University in a supportive, respectful environment encouraging participation at a comfortable pace. Class size is limited! Reserve your spot today.

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.

FREE FITNESS WORKSHOPS

Beyond Barré Fitness (4 weeks)

Starts Wednesday Oct. 21 | 9-9:45 a.m.

With movements inspired by ballet, yoga, and Pilates, this four-week program uses balance, flexibility, core strength, and muscular endurance through standing exercises and floor-based core work. Light weights, small balls, and sliders may be used. Grip socks will be provided! Most exercises will be performed while standing, making this a fun and effective way to build strength, stability, and confidence in movement.

Swing Away! Golf Fitness (4 weeks)

Starting Friday, Oct. 23 | 9:30-10:15

Improve your game from the ground up in this fun and active four-week golf fitness workshop. Designed for golfers of all skill levels, this class focuses on the seven key components of golf fitness: strength, flexibility, balance, stability, stamina, muscular endurance, and body composition. Participants use a variety of fitness tools, including stability balls, resistance bands, hand weights, small exercise balls, and mats to build physical skills to support a stronger, safer, and more effective golf swing. Floor and modified exercises included, and weekly take-home assignments will help reinforce progress.



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2026

November 19-20

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Dr. Kerry Burnight, Ph.D., nationally recognized gerontologist and
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more joy, purpose, connection, and vitality. The conference will
also feature workshops, panels, and sessions on physical health,
cognitive health, emotional well-being, aging with purpose, and more.



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Continuing Nursing Education Credits: This activity has been submitted to Banner Health's Provider Unit for RN Continuing Education credits; contact hours are currently pending.

Nurses: Banner Health is accredited as a provider of Nursing Continuing Professional Development (NCPD) by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation.