



LiveWell

JULY/AUGUST 2021



Schedule Your Brain Health Check-In P2

Bonnie Dhein

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Brain Health Check-In

You Check Your Heart, Your Lungs, But What About Your Brain?

By Rainey Daye Holloway

Bonnie Dhein of Sun City says she grew up poor, but thanks to her parents she never realized it.

Growing up in a small town in Wisconsin that only had a school, church and cemetery, Bonnie credits her strong work ethic and parenting skills to her hard-working parents. Her dad worked in a paper mill to provide for the family while her mom worked at a Veterans Health Administration hospital.

As a former long-term care nurse and nursing manager in a nursing home, the mom of six realized she did not want her children to worry about taking care of her. When the 79-year-old learned about the Banner Sun Health Research Institute and its no-cost Brain Health Check-In (BHCI), it seemed like a no-brainer to check it out.

“From my point of view, I don’t expect our children to take care of us; we try in every aspect to live and do things so we are independent. We want to enjoy

our family, and we don’t want them to look at us as like, “Oh, we gotta take care of them,’” Bonnie says.

Christine Belden, PsyD, director of the Neuropsychology Center and interim clinical director for the Cleo Roberts Memory Center at Banner Sun Health Research Institute, says people do not realize that taking care of the brain is as important as taking care of your heart.

“The simple way to help people understand how to reduce risk for cognitive impairment is: Anything you are doing to protect your heart is also protecting your brain,” Dr. Belden says. “The brain ages just like the rest of our body and so there are some normal and expected changes that may occur. That’s why having a screening with the Brain Health Check-In can be so helpful.”

The screenings are by appointment only (see scheduling information in blue box to right.) and start with questionnaires about function in daily life,

mood, level of concern regarding memory and thinking, as well as any concerns family and friends may have.

Assessments that measure various skills such as memory, language, attention and concentration, problem-solving skills and even visual perceptual skills to see how the brain processes the information taken in by a person’s eyes also are administered.

Using information gathered during the screening, BHCI staff will recommend an action plan. For some, it is as simple as coming back in a year to be re-assessed again while maintaining an active and healthy lifestyle in the meantime. For others, it could be a referral to a neurologist for more

Brain Health Check-In

Mon-Fri, from 9 a.m. to 3 p.m.

By appointment only, no cost.

Scheduling: (623) 832-5747
BannerSHRI.com



Christine Belden, PsyD

extensive medical evaluation.

Dr. Belden says one way to keep the brain healthy is by exercising it. She is a runner herself and also makes sure she works out her brain.

“All of us can use brain health strategies, including myself. For example, you could learn a new language, do crossword puzzles, learn a new hobby or read about a new subject

“All of us can use brain health strategies, including myself.”

to stretch your brain,” she says. “For me, I stopped grabbing a calculator. Any time I need to do a calculation, I try to do it in my head. Of course, I double check myself with a calculator when finished,” she jokes.

Bonnie says she appreciates knowing what is happening with her brain so she can be proactive should things start to change. Her assessment this year showed a slight decline from last year, but she’s not worried because

the information makes her feel empowered to keep active.

“My assessment from the previous year was within normal limits, but this year, it is showing a slight decline,” she says. “I am not as physically fit as I was even a year ago. I can detect things in

my balance. But I think some of these changes are due to the abnormal conditions of the world (referring to the

pandemic).

“I think having information is important; eat right, get exercise you enjoy doing. People at our age must take care of ourselves the best we can. I mean how blessed are we to live in Sun City? The sun is shining almost every day, and on a sunny day, you cannot feel down.”

Editor’s Note: Bonnie is seen hiking her favorite trail in North Phoenix in the cover photo.

LiveWell

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SunHealthWellness.org

SUN HEALTH

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Photos on pages 8 & 9 by Ken Reinstein

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



Empowering people to
enjoy living longer

What began more than 50 years ago as a desire of a group of individuals to improve the health and wellbeing of their community has since prospered into a legacy of passion and giving.

Today, the Sun Health team champions superior health and wellbeing through philanthropy, inspired living and wellness programs. Our commitment begins with the heart-felt generosity of people like you who support the Sun Health Foundation through your time, talent, treasure and testimony.

CREATED FOR SUN HEALTH BY



'This Feels Like a More Hopeful Time'

Alzheimer's and Your Family History

By Rainey Daye Holloway

Rev. Marty Conner, St. Christopher's Episcopal Church

As an Episcopalian priest ordained after serving in the Air Force and running a successful consulting business, Martha "Marty" Conner did not expect her family history of Alzheimer's to show up when it did.

"It is awkward to pray with someone when you cannot remember their name. Preaching and teaching was difficult. I couldn't remember in the moment what I was supposed to say, even though I had prepared," says Marty, who retired from St. Christopher's Episcopal Church in Sun City in 2011 and currently assists with church activities. "I have multiple female relatives who died of Alzheimer's, including my mother, so I was pretty darn motivated not to be one of them."

Banner Sun Health Research

Institute is working on promising breakthroughs when it comes to treating those currently diagnosed. And, there are significant advances toward preventing the onset of the brain disease for anyone with a family history.

Dr. Danielle Goldfarb, a neuropsychiatrist at the Banner Sun Health Research Institute, says advances in the technology used for brain scans and spinal fluid testing can now detect the build-up of toxic proteins known to cause the brain disease years before symptoms set in.

Additionally, Dr. Goldfarb says there is promising new research on treatments to improve such common Alzheimer's symptoms as agitation and mood swings. She says Banner Sun Health is partnering with Johns Hopkins

University to test a well-known medication, commonly prescribed for depression and anxiety, to help those symptoms in patients with Alzheimer's.

"Treating these symptoms is important because the agitation and behavior changes can be more distressing to the patient and caregiver than the memory loss," Dr. Goldfarb says.

Marty, who is now 63, happily says, "I think being able to do something to be proactive emotionally and psychologically made a difference. At first, I was depressed and discouraged. I honestly thought I would be dead by 60, and yet here I am."

For more information, call Michael Callan, from Banner Sun Health Research Institute, at (623) 832-6573 and see the ad on page 5.



Seeking individuals with Alzheimer's disease who experience agitation

The Escitalopram for Agitation in Alzheimer's Disease (S-CitAD) study is a 12-week trial of escitalopram taking place at

**Banner Sun Health Research Institute
10515 W. Santa Fe Drive in Sun City, Ariz.**

The S-CitAD Study is looking for volunteers who:

- ✓ Have been diagnosed with Alzheimer's disease
- ✓ Experience feelings of irritability, restlessness, frustration, or anger
- ✓ Have a study partner who can participate in the study



All participants receive:

- Free parking at each visit
- Psychosocial counseling provided to all eligible participants
- All visit procedures administered at no cost

Call (623) 832-6500 for more information



Sun Health
Research Institute

www.CitADtrial.org

Making a Big Difference

Innovative Sun Health At Home Program Is a Lifesaver



By Rainey Daye Holloway

Sach with one of her stained-glass creations

Eighty-four-year-old Virginia did not realize how good it felt to have Sun Health At Home until her husband Robert passed away in 2018. The retired registered dietitian did not want to be a bother to friends and neighbors.

“I did not want to feel worried in case anything was to happen,” she says.

Virginia made the decision to join Sun Health At Home (SHAH), which gives members the opportunity to continue living independently wherever they call home with the assurance of

knowing they have guaranteed lifetime access to health care should their health needs ever change. Members receive the support of a personal wellness coordinator who works with them to create a plan to help them stay healthy and independent.

She also recently encouraged her best buddy, Sachiko, better known as “Sach,” to look into SHAH, which turned out to be a potentially life-saving move. The two friends share many similarities despite coming from very different places; Sach is from Japan and Virginia from Ohio.

They got to know each other through sharing their love of creating stained glass art.

Virginia recognized that Sach could benefit from the same support she received from SHAH. This prompted Virginia to encourage her friend to attend a SHAH introductory seminar. (See back page ad for more information.)

“My situation was very similar to Virginia. I was by myself and came from Japan. I had no children and do not have any family from my side in the U.S.,” Sach says. “I had been looking for

some kind of medical program for my future as I get older (Sach is 87) and I thought, well, it sounds like a good idea.”

Looking into SHAH became more than just a good idea. During the application process, Sun Health Wellness Coordinator Karlene Rood, R.N., discovered Sach was diabetic and needed medical care.

“It is so rewarding to see that what we do makes a difference in someone’s life,” Karlene says. “My favorite part of this program is spending time getting to know our members. The more we do that, the better we can hopefully prevent adverse situations and try to anticipate the needs of them and their family.”

Membership Counselor Nicole Holtsclaw reminds people that Sun Health At Home is not about waiting for the big catastrophe but avoiding the little incidents that can lead to one.

“It’s about helping our members make important decisions to prevent serious ones. We help you keep active in preventive care and make recommendations to help you avoid the unexpected,” Nicole says. “During the pandemic, folks realized the importance of being able to take care of themselves at home and how important it was to be involved in your own care planning.”

For Sach, she says she is glad her friend shared information about the service. “I made the right decision in to join Sun Health. I am by myself, and when I called and needed somebody, they were there.”

And Virginia likes the idea of not feeling alone: “It’s a comforting feeling.”



Virginia's "Pluto"



Designed by Virginia

Sun Health at Home Services:

- In-home functional and safety assessment
- Personal emergency response system
- Medication management services
- Transportation coordination
- Supportive home technology
- Nutritional support/meals
- Companion services
- Homemaker services
- Personal care aide services
- Home health/certified nursing assistant
- Adult day health programs
- Assisted living, memory support, skilled nursing at a Sun Health Life Plan Community location.

If you are interested in learning more for yourself or someone you know, visit SunHealthAtHome.org or call (623) 227-4663 in the West Valley or (480) 336-4663 in the Phoenix and Scottsdale areas.

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Visit SunHealthWellness.org/Livewell-magazine

Meals of Joy



By Ken Reinstein

Many West Valley seniors lack the financial or physical ability to have even a single hot, nutritious meal on a daily basis.

“We have a lot of seniors with medical and financial issues that prevent them from getting out or preparing a good meal, and many live alone,” says Larry Cervarich, the founder of Meals of Joy, a nonprofit organization based in Litchfield Park. “It just breaks my heart.”

The organization delivered its first 13 meals in February 2015.

The need grew exponentially over the last year. Meals of Joy delivered nearly 20,000 meals in 2020; adding additional service areas and another kitchen. Currently, they deliver about 800 weekday meals, and expect that to soon grow to 1,000.

Volunteers staff kitchens at two valley churches and deliver meals to clients at their homes or to food banks. For Larry, this is a natural extension of his professional career in Portland.

“Somehow, I got hooked on the food industry as a

teenager, and I did everything from chef work to managing restaurants and eventually I owned two or three,” he says.

He moved to Arizona in 2006 and read an article about homeless youth, which led him to start a nonprofit organization that now has expanded nationally. Next, he wanted to develop a program that gave a decent meal to seniors.

“I think we have accomplished that,” says Larry, who himself is in his 80s.

Seniors who are above the poverty level, which is \$1,100 a

month, pay \$10 for a full meal or just \$7.50 for an entrée. Many meals are offered at free or reduced cost to seniors in need. The organization relies on a caseworker to assess the client's current living situation and financial need.

Larry adds, "We have major corporations helping us, including Microsoft, who gave us a \$10,000 grant last summer, as well as support from ON Semiconductor, Desert Diamond Casino and several other churches in the area. Fountain of Life Lutheran Church gave us the biggest break of a lifetime, a kitchen to produce meals. That is a godsend because renting a kitchen can be very expensive. We opened a second kitchen in

Barb Mason, Sun Health's Vice President of Home and Community Based Services, serves on the Meals of Joy board of directors. For more information, go to MealsofJoy.org or call (623) 594-9588.

February at First Baptist Church Garden Lakes in Avondale."

Many West Valley seniors are desperately in need.

"I'm amazed at how many seniors live below the poverty level," Larry says. "The pandemic has been hard. We have seniors who have not left their house since April 2020. We get calls every week in our office that would make you cry."

Larry shares a recent experience.

"One of our clients is a 64-year-old Navy veteran

from Surprise. He lives alone, is confined to a wheelchair and suffers from neuropathy. He can't feel his hands, which he would often burn without even knowing it while cooking. Meals of Joy recently donated a month of meals so he doesn't have to worry about cooking or possibly injuring himself again.

This man has been through so much and still is so gracious and proud to have served his country. It was our honor to help him with something as simple as a freshly cooked meal."



Larry Cervarich at Fountain of Life Church in Sun City

The Arizona Sun is Different

3 to 5 Minutes is All It Takes For Skin Cancer To Develop

By Rainey Daye Holloway



A top West Valley dermatologist warns that not taking the Arizona sun seriously can lead to trouble.

“First thing I want to tell anyone who is not from here, the Arizona sun is different. There is no such thing as a healthy tan,” Dermatologist Jesse Olmedo says. “Sun exposure causes a lifetime of skin mutations suppressed by the immune system. Once the system weakens, skin cancer in different forms can appear.”

Simply put, your exposure in your youth puts you at risk because mutations formed never go away but instead wait in the wings for a chance to cause a problem.

Dr. Olmedo says in Arizona 1 in 3 people in Arizona develop basal cell skin cancer, 1 in 4 squamous cell cancer and 1 in 50 melanoma — the most serious and potentially life-threatening skin cancer.

Despite the scary realities and strength of the Arizona sun, the dermatologist says there are ways to protect yourself without becoming a hermit.

Simple Lifestyle Modifications to Protect You:

Timing: If you plan to be outside, do it early or later in the day. Dr. Olmedo recommends avoiding the sun when it is the strongest between 8 a.m. and 5 p.m. This

includes swimming. If you have access to an indoor pool, use it. Or, at a minimum, swim in the late afternoon to avoid risk.

Clothing (including swim wear): Be sure to add a wide brimmed hat to your daily ensemble. If you are working outside, wear clothing or swim suits with a Sun Protection Factor (SPF) of at least 50.

Sunscreen: Be sure to apply sunscreen with an SPF of 50 and above on all exposed areas of the skin. Remember, be sure to wear sunscreen on cloudy days, too, as the clouds do not stop skin damage.

To learn more, join Dr. Jesse Olmedo when he presents “Why the Arizona Sun is So Different” from 11 a.m. to noon on July 22. Dr. Olmedo will share his expertise on skin cancer, what to look for and ways to protect yourself, as well as discuss other common ailments, such as yeast and fungal infections, that wreak havoc on the body during the summer. To register or learn more, go to SunHealthWellness.org/classes or call (623) 207-1703.



**Registration Opens
June 15, 2021**

BRAIN HEALTH

WED	
JUL	
14	

Brain Health: Why It's Important

Wednesday, Jul. 14; 10 to 11 a.m.

When is it a “senior moment” versus something more? Dr. Christine Belden, director of Neuropsychology and Interim Clinical director for the Memory Disorders Clinic at the Banner Sun Health Research Institute, will discuss aging and the brain and strategies for maintaining brain health.

Location: Zoom

THU	
AUG	
26	

Driving and Dementia

Thursday, Aug. 26; 9:30 to 10:30 a.m.

Driving requires the performance of many tasks simultaneously, including steering the car, watching your surroundings and regulating your speed, to name a few. Dementia is more than just memory loss and can impact our ability to multitask and how quickly we respond. Join Sun Health Memory Care Navigator Marty Finley, MEd, to learn what difficulties may signal that someone’s driving may be affected.

Location: Zoom

WED	
AUG	
4	

Oh, the Joys of STRESS!

Wednesday, Aug. 4th; 11 to Noon

While usually thought of as only negative, stress can be both helpful and harmful. Join Dr. Naudia Moorley, from Banner Sun Health Research Institute, to talk about physiological mechanisms of stress and discuss how to effectively manage both positive and negative stress.

Location: Zoom

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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

Due to COVID-19, Sun Health has opted to offer most of our classes online via Zoom. We offer small group sessions (15 or fewer) for physical fitness classes (page 15), as well as the Diabetes Prevention Program and the Diabetes Self-Management Education series (page 11) held in person at The Center for Health & Wellbeing.

 **Register Online**

Beginning June 15, 2021

SunHealthWellness.org

 **Register By Phone**

Beginning at 8:30 a.m. June 15, 2021

(623) 207-1703

except where noted

CLASS CALENDAR (continued)

To register, call (623) 207-1703
or visit SunHealthWellness.org

DIABETES



National Diabetes Prevention Program **\$**

Starting Tuesday, Jul. 27; 2 to 3 p.m.

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach. This yearlong lifestyle change program uses CDC research-based curriculum to help you make the necessary nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes.

Please call (623) 471-9355 to register and inquire about insurance coverage.

The fee for this series is covered by Medicare and most insurance providers.

Location: Sun Health Center for Health & Wellbeing



Understanding Your Diabetes Medications

Thursday, Jul. 29; 1:30 to 2:30 p.m.

Join Sun Health's Certified Diabetes Care and Education Specialist Melva Zerkoune, RDN, to learn ways to better understand your diabetes medications.

Location: Zoom



Diabetes Self-Management Education **\$**

Starting Tuesday, Aug. 3; 9:30 to 11:30 a.m.

This five-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by a registered dietitian and certified diabetes educator. **Please call (623) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

Location: Sun Health Center for Health & Wellbeing



Annual Diabetes Self-Management Education **\$**

Thursday, Aug. 26; 2 to 4 p.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's certified diabetes educators to learn how carbohydrates fit into your diabetes meal plan. This class will focus on a fit-all solution for everyone with diabetes. **Please call (623) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

Location: Sun Health Center for Health & Wellbeing

HEALTH & WELLBEING



Cultivate Resiliency for an Immediate Impact on Health

Thursday, Jul. 15; 2 to 3 p.m.

Learn about resiliency and its impact on our physical health, wellbeing and successful aging. Using research-based exercises and tools, learn how to increase your own resilience to decrease stress and anxiety, improve emotional wellbeing and improve physical health.

Location: Zoom



What is Hospice and When it is Time for Hospice?

Friday, Jul. 16; 10:30 to 11:30 a.m.

Sometimes we do not research hospice until we already need it. Join Diane McKivitz, LPN, and other team members as they talk about hospice myths and the real truth about hospice, including when it is the right time.

Location: Zoom



Introduction to Ostomies

Tuesday, Jul. 20; 2 to 3 p.m.

Join Jennifer Tassler, certified ostomy nurse, who will provide an overview of the different types of ostomies (colostomy, ileostomy, and ileal conduit/urostomy), describe general care considerations, and discuss common misconceptions.

Location: Zoom



Home Safety for People with Alzheimer's

Thursday, Jul. 29; 9:30 to 10:30 a.m.

Did you know individuals with dementia are 2 to 3 times more likely to suffer from a fall? Sun Health Memory Care Navigator Marty Finley, MEd, invites you to learn tips on making your home safer for your loved one with Alzheimer's disease or other forms of dementia.

Location: Zoom



Identifying When Pain Meds Become Too Much

Tuesday, Aug. 3; 2 to 3:30 p.m.

Barbara Mason, CADC, will discuss the growing dependence on opioids among seniors and the impact of opioid dependence on the effectiveness and interactions of other prescribed medications.

Location: Zoom



Resiliency: Lessons Learned from Blue Zones

Wednesday, Aug. 18; 10 to 11 a.m.

Blue Zones are regions of the world where the longest-lived and healthiest people live. As researchers have studied blue zones, they have identified nine key lifestyle habits that impact healthy aging and quality of life. Some of these same behaviors are key to resiliency in our second act. Learn about blue zones research and how to boost your resiliency.

Location: Zoom

MEMORY CARE



Dementia Caregiver Support Group

Every Wednesday; 3 to 4 p.m.

This telephone support group is led by Sun Health Wellness's Memory Care Navigator Marty Finley, MEd. Call (623) 471-9571 enter PIN number 9571. The line will only be active at the scheduled time. Registration is not required.

Location: By Telephone

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TUE	
JUL	
13	

Memory Café

Tuesdays, Jul. 13, 27 and Aug. 10, 24; 10 to 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. Registration is not required.

Location: Held Virtually & Telephonically. Call (623) 832-6637 for details.

MON	
JUL	
19	

Dementia Friends Info Session

Monday, Jul. 19; 10:30 to 11:30 a.m.

Arizona will experience the largest increase in people developing Alzheimer's and related dementias over the next five years, in the United States. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend. Join Sun Health's Barbara Mason for this discussion and walk away with the tools to implement YOUR dementia friendly community.

Location: Zoom

WED	
AUG	
25	

Dementia Friends Champion Training

Wednesday, Aug. 25; 1 to 2:30 p.m.

Do you want to help people understand dementia and the small things they can do to make a difference for people living with dementia? Would you enjoy facilitating Dementia Friends information sessions for friends, family, colleagues or the greater community? Join us for Dementia Friends Champion Training. Free training materials will be provided.

Location: Zoom

NUTRITION

TUE	TUE	TUE	
JUL	AUG	AUG	
27	10	24	

Nutrition and Lifestyle for Weight Loss

Tuesdays, Jul. 27 and Aug. 10, 24; 11:30 to 12:30 p.m.

You can practice a lifestyle approach to weight loss that will help you make simple changes and maintain a healthy weight for life. Banner Health Registered Dietitian Lauren Pellizzon, MS, RD, will discuss nutrition and lifestyle changes to help with weight loss.

Location: Zoom

TUE	
AUG	
31	

What's in Your Backyard?

Tuesday, Aug. 31; 2 to 3:30 p.m.

Does the rising cost of food have you stressed? Join Sun Health Registered Dietitian Melva Zerkoune to learn tips to identify plants in your backyard that are nutritious, delicious and at no extra cost to you.

Location: Zoom

The Sun Health Center for Health & Wellbeing is limiting in-person classes to 15 people and conducting brief health screenings and temperature checks upon arrival. Face masks and social distancing are required for everyone's health and safety. Thank you.



All Physical Fitness classes are held at the Sun Health Center for Health & Wellbeing at 14719 W. Grand Ave., Surprise

All classes are offered as a multisession series, at \$5 per class, paid up front for the series.

PHYSICAL FITNESS

Mat Yoga \$ (8-Session)

Beginning Mondays, Jul. 12; 8 to 9 a.m.

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

Chair Yoga Plus \$ (8-Session)

Beginning Mondays, Jul. 12; 9:30 to 10:30 a.m.

Chair yoga using both seated and standing postures. Participants must be able to stand independently.

Tai Chi Essentials \$ (8-Session)

Beginning Mondays, Jul. 12; 11 a.m. to noon

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.

Strength Training \$ (8-Session)

Beginning Mondays, Jul. 12; 12:30 to 1:30 p.m.

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

Mat Yoga \$ (5-Session)

Beginning Wednesdays, Aug. 18; 8 to 9 a.m.

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

Chair Yoga Plus \$ (5-Session)

Beginning Wednesdays, Aug. 18; 9:30 to 10:30 a.m.

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

8 Pieces of Brocade \$ (5-Session)

Beginning Wednesdays, Aug. 18; 11 a.m. to noon

A classical Chi Kung form. Chi Kung is exercise done in coordination with the breath to bring energy, vitality and health to the entire body. Modified for seniors.

The Core to Strength \$ (5-Session)

Beginning Wednesdays, Aug. 18; 12:30 to 1:30 p.m.

Our core is one of the most important components to our strength, but is often the first to go. Please join Sun Health for a low-intensity class focusing on core strength, balance and flexibility exercises using a chair as support.

Strength Training \$ (8-Session)

Beginning Fridays, Aug. 20; 11 a.m. to noon

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



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Home is where
your heart is.



SUN HEALTH AT HOME

Learn to age confidently and independently in your home by joining one of our complimentary seminars. Registration is required.

(623) 227-4663

SunHealthAtHome.org

*We're keeping you safe with temperature checks upon arrival. Masks and social distancing required.

JULY 6 2 p.m.	JULY 20 10 a.m.	JULY 29 2 p.m.
AUGUST 4 3 p.m.	AUGUST 19 2 p.m.	AUGUST 25 3 p.m.



SAVE THE DATE
 Wednesday, September 22, 2021

7TH ANNUAL

**Stand Up To
 Falling Down**

A FALL PREVENTION SCREENING & AWARENESS EVENT