



## Stay Strong and Avoid Falling Down P2

Photo by Jake Johnson

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# Stand Strong and Avoid Falling Down

Stay Safe by Attending Sun Health's Stand Up To Falling Down Event on Sep. 22



Sun Health Wellness Specialist Alex Stark, M.S.

**S**un Health — as a nonprofit provider of health and wellbeing services for more than 50 years — wants you to stay standing tall as you get older. This is why we're proud to announce our 7th annual Stand Up To Falling Down event from 9:30 to 11:30 a.m. on Wednesday, Sep. 22.

Participants can either join in person or online. Sun Health will adhere to safety precautions for everyone who attends in person.

The correlation between falls and unexpected deaths continues to rise. The Centers for Disease Control and Prevention report that falls are the leading cause of injury-related deaths for anyone 65 and older.

There are many ways to stay safe, and Stand Up To Falling Down will educate and empower you to stay safe.

## Why We Fall

We may not be able to figure out why we fall in love, however, we can figure out the reasons we sometimes fall to the ground, especially as we get older.

Sun Health's Center for Health & Wellbeing offers resources and classes that address the reasons people fall and how it relates to other health conditions. More information can be found at [SunHealthWellness.org](http://SunHealthWellness.org).

During the event, Sun Health and community experts will examine key factors to help attendees remain safe and healthy. Fall risk assessments will be offered at no cost as part of this event.

Some simple changes in our bodies can lead to big missteps that cause serious injury.

Sun Health Wellness Specialist Alex Stark, M.S., points out one of

many reasons we lose our footing and what can be done about it.

"Simple physical changes are a part of the normal aging process including not picking up our legs high enough as we walk. This can cause big issues," Alex says. "This is something we talk about during the session and in classes offered at the center."

Sally Harloff, a Sun Health At Home member and volunteer, says she didn't realize how badly she was dragging her feet until Alex conducted a fall risk assessment.

"I just had a tendency to fall out of nowhere, not because I tripped or recall my toe hitting something," Sally says.

During Sally's appointment to evaluate her balance, Alex discovered why Sally was tumbling out of the blue.

"What surprised me was Alex watched me walk outside on

**Stand Up to Falling Down** This will be a hybrid event with both in person and online attendance through Zoom.  
**SEE REGISTRATION DETAILS ON PAGE 10.**

pavers, then the sidewalk and upstairs, and he said, 'Do you feel like you're dragging your feet?' He explained in a simple way what he saw happening as I walk.

"Alex taught me with a slight bend of my knee while walking, it brought my foot up just high enough to avoid shuffling. Just a tiny bit of a movement, a teeny bend, brought my foot up enough to help me avoid falling."

The Sun Health event will also address common risk factors around your home that could lead to falls. (See page 4 to test your knowledge about common household items and placement that could put you at risk). The Center for Health & Wellbeing team will have a special session during the event to discuss how to make your home safer.

"We will explain how something as simple as placing

commonly used kitchen items in the right places at home can make all the difference in keeping safe," Alex says.

The event will also explore psychological reasons behind falls that can lead to injury. This includes taking a close look at how commonly prescribed medications can cause falls. There will also be discussions on how our thoughts can contribute to falling and how to overcome inner concerns and fears about falling to stay safe.

The event is offered at no cost thanks to the generosity from Sun Health Foundation donors who support Sun Health Wellness. For more information, see page 10 to register and sign up for a complimentary fall risk assessment. Registration is required.



**Maintain and expand the variety of wellness programs and services available to the community.**

Visit [SunHealthFoundation.org/generosity](https://SunHealthFoundation.org/generosity)  
or call (623) 471-8500 to learn more.

**LiveWell**

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[SunHealthWellness.org](https://SunHealthWellness.org)

**SUN HEALTH**

14719 W. Grand Ave.  
Surprise, AZ 85374  
(623) 471-9550

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[SunHealth.org](https://SunHealth.org)

*Cover photo by Jake Johnson  
Photos on pages 2, 4-5 by Allen Butler*

**SUN HEALTH WELLNESS**

(623) 471-9355

[SunHealthWellness.org](https://SunHealthWellness.org)

**SUN HEALTH AT HOME**

(623) 227-4663

[SunHealthAtHome.org](https://SunHealthAtHome.org)

**SUN HEALTH COMMUNITIES**

(623) 236-3767

[SunHealthCommunities.org](https://SunHealthCommunities.org)

**SUN HEALTH FOUNDATION**

(623) 471-8500

[SunHealthFoundation.org](https://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



[RoxMediaGroup.com](https://RoxMediaGroup.com)

# What Is Your Fall Hazard IQ?

There are at least eight (8) different fall hazards deliberately shown in this photo spread. Think you can spot them all? If you do, please contact Sun Health Wellness by email or phone and include the following information:

- 1) Name
- 2) Phone Number and/or email address (must include at least one)
- 3) List out at least eight fall hazards

Everyone who correctly identifies eight or more hazards, and includes the appropriate information requested, will be entered into a drawing for a **\$100 Gift Card** for services at the Sun Health Center for Health & Wellbeing.

Email [Alex.Stark@SunHealth.org](mailto:Alex.Stark@SunHealth.org) or call and leave a message at (623) 252-2293 (voicemail only line). **NOTE: your information will NOT be sold or shared with anyone outside of Sun Health Wellness.**

**DEADLINE TO ENTER IS OCTOBER 15, 2021.**

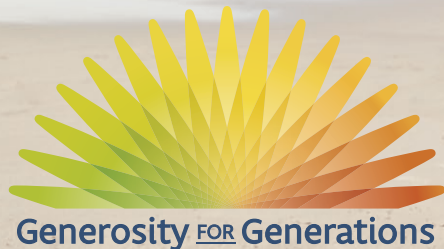




**See our Stand Up to Falling Down event registration information on page 10.**

# Improving healthcare today, tomorrow and for generations to come

Investing in the health and wellbeing of our communities benefits us all! That's the promise behind Sun Health Foundation's *Generosity for Generations* Campaign. Together, we will ensure superior healthcare in our communities today and for future generations.



Sun Health Foundation is the proud philanthropic partner for Banner Boswell and Banner Del E. Webb medical centers, and Sun Health Wellness. For more than 50 years, charitable contributions of time, talent, and treasure from the community have made possible vital healthcare services that reflect the needs of our growing West Valley. Today, this proud legacy of generosity is as vibrant as ever.

## Progress Toward Superior Healthcare

Because of your support, the *Generosity for Generations* Campaign has reached 70% of the \$48 million goal to fund six vital initiatives and ensure superior healthcare in our communities today and for future generations. When you make a donation to Sun Health Foundation, 100% of those funds support superior healthcare in your community.

## FUTURE CANCER-FIGHTING TREATMENT AND CARE ADVANCEMENT

Your charitable gifts will fund future cancer care and treatment at Banner Boswell Medical Center. Donations supporting this \$6 million investment will enhance endoscopy services – diagnostic and treatment capabilities for lung and gastrointestinal conditions, including cancer. With your help, we can invest in care innovations today to meet the needs of you and your loved ones tomorrow.

## COMMUNITY HEALTH AND WELLNESS

Your charitable gifts support health and wellness programs in our communities. Providing a variety of free or low-cost health, wellness and fitness classes is a cornerstone of Sun Health's commitment to support longer, healthier lives. Additional contributions are

needed to completely fund this \$2 million initiative and continue to make these programs possible, keeping you, your family and friends active and engaged for years to come.

Because bringing innovations to you can't wait, these transformational healthcare projects are complete yet continue to offer funding opportunities.

### **EMERGENCY DEPARTMENT AND PATIENT CARE TRANSFORMATION**

To date, your generous support has provided the community with a new, spacious, state-of-the-art Emergency Department at Banner Boswell Medical Center to serve 25% more patients annually with greater efficiency. Charitable contributions toward this \$34 million campaign initiative continue to be needed to fully fund this vital project and all of its patient-care enhancements.

### **SPINE HEALTH AND ORTHOPEDICS**

Your charitable gifts are funding a \$2 million initiative to support spine health and orthopedic care at Banner Del E. Webb Medical Center. This investment is helping to transform the Center for Orthopedics into a new, state-of-the-art Banner Center for Orthopedics that can treat nearly 5,000 patients annually. New equipment, advanced technologies and service enhancements support skilled surgeons and providers in keeping you and your neighbors active for years to come.

### **CANCER-FIGHTING TREATMENT AND CARE ADVANCEMENT**

Dozens of Arizonans receive a cancer diagnosis each day, with breast and lung cancer among the most common. Together, we will raise \$2 million to support the Oncology departments at Banner Boswell and Banner Del E. Webb medical centers.



Your contributions are funding improvements, state-of-the-art technology, and equipment to better serve cancer patients with superior healthcare and innovative treatments.

### **SERVICE ENHANCEMENTS FOR WOMEN AND INFANTS**

Your charitable gifts are helping to fund service enhancements for women and infants at Banner Del E. Webb Medical Center. Your \$2 million investment is supporting an expansion and improvements in the Louisa Kellam Center for Women's Health to respond to growing demand (3,000 births annually) and to keep women healthy during all phases of life, from maternity to menopause and beyond.

### **Live. Give. Thrive.**

Your charitable gifts come full circle to create a stronger, healthier community.

### **Your help is still needed.**

The impact of your support for this and other Campaign initiatives has a profound rippling effect – providing exceptional care for you today while ensuring the health and wellbeing of your neighbors tomorrow. 100% of funds support superior healthcare in your community.

Learn more at [SunHealthFoundation.org/generosity](https://SunHealthFoundation.org/generosity) or call us at (623) 471-8500

***“I can't think of a higher calling. Working with Sun Health Foundation saves lives, enriches lives and changes lives. The impact is unquestionable.”***

— BIRT KELLAM, LONG-TIME SUPPORTER AND CHAIR OF THE *GENEROSITY FOR GENERATIONS* CAMPAIGN COMMITTEE

# Itching For a Solution to Dry Skin?

It's possible to keep your skin as soft as your favorite blanket this winter.

by Rainey Daye Holloway



**M**any of us are looking forward to cooler temperatures. What we may dread, on the flip side, is the dry itchy skin that seems to be brought on by the cooler weather. Jesse Olmedo, M.D., dermatologist at Arizona Dermatology Specialists, says a few simple steps can provide relief while keeping your skin soft and smooth.

“The one thing people start doing when the weather starts getting cooler is taking longer, hotter showers. The longer and hotter the shower, the more dried out the skin will be,” Dr. Olmedo says. “This includes a soak in your hot tub or visit to a sauna.”

Aside from avoiding extra heat on your body when the temperature goes down, the key is to moisturize. It is not just doing it that is key, but like most things in life, timing is everything.

“The most effective time to use moisturizer is when you first get out of the shower,” Dr. Olmedo explains. “You help trap the moisture from the shower into your skin if you use lotion within 20 minutes of towel drying off.”

The dermatologist says that although most people think drinking more water helps hydrate the skin, water on the inside is not what helps. Instead, maximizing the moisture on

the outside of the skin is most beneficial.

With age, the body loses its ability to keep moisturized on the outside. As we get older, our skin thins out and becomes more sensitive, naturally losing the barrier function. Certain medications, such as diuretics, can lead to dryer skin.

Additionally as people age, they tend to shower less out of fear of falling and other personal reasons. He says the key to conquering dry skin in all the scenarios above is to continue to moisturize — no matter what.

Dr. Olmedo says that although it's tempting to use lotions that



have a nice fragrance or some essential oils to make your lotion smell good, he recommends against it.

The doctor also adds that buying the most expensive moisturizer is not necessary. It is what the lotions are made with that make all the difference.

“What I would look for is a lotion that is hypoallergenic and fragrance-free,” Dr. Olmedo says.

### Symptoms of Dry Skin

Dry skin is often temporary — you get it only in winter, for example — but it may be a lifelong condition. Signs and symptoms of dry skin depend on your age, your health, where you live, time spent outdoors and the cause of the problem. Dry skin is likely to cause one or more of the following:

- **A feeling of skin tightness, especially after showering, bathing or swimming**
- **Skin that feels and looks rough**
- **Itching (pruritus)**
- **Slight to severe flaking, scaling or peeling**
- **Fine lines or cracks**
- **Gray, ashy skin**
- **Redness**
- **Deep cracks that may bleed**

Dr. Olmedo recommends the following advice from the Mayo Clinic in the box to the right.



## When To See a Doctor for Dry Skin

Most cases of dry skin respond well to lifestyle and home remedies. However, you may want to check with your healthcare provider if:

- **Your skin doesn't improve in spite of your best efforts**
- **Dry skin is accompanied by redness**
- **Dryness and itching interfere with sleeping**
- **You have open sores or infections from scratching**
- **You have large areas of scaling or peeling skin**



**Scheduling regular skin checks with your dermatologist is the best way to address skin issues and prevent skin cancer.**

***Provide educational experiences and support to community residents to help them improve their quality of life.***

Visit [SunHealthFoundation.org/generosity](https://SunHealthFoundation.org/generosity) or call (623) 471-8500 to learn more.

## Sun Health Foundation Events



### 5K *for* WOMEN'S HEALTH

**SUNDAY, SEPTEMBER 26, 2021**

7 a.m. registration and check-in | 8 a.m. race start  
Surprise Stadium, 15930 N. Bullard Ave.

Tie those laces for this FUN-raising **walk/run** and join Sun Health Foundation at Surprise Stadium. Registration includes a race T-shirt and finisher's medal. This race will be chip timed.

Benefiting the health and wellness of our community through Sun Health Foundation's *Generosity for Generations* Campaign.

**Register/Tickets: [SunHealthFoundation.org/5K](https://SunHealthFoundation.org/5K)**

*Need more information? Please contact Janine McGhee at [Janine.McGhee@SunHealth.org](mailto:Janine.McGhee@SunHealth.org) or (623) 471-8503.*

*Please note: As we plan these events, your health and safety are our top priorities.*

*Thank you to event sponsors to date: Banner Health, CDW, HILGARTWILSON, Morrison Living, Orcutt Winslow and Zion & Zion.*

## Sun Health Wellness Events



### STAND UP *to* FALLING DOWN

**WEDNESDAY, SEPTEMBER 22, 2021**

9:30-11:30 a.m. | The Colonnade  
19116 N. Colonnade Way, Surprise

In recognition of National Fall Prevention Day, Sun Health is hosting a fall prevention screening and awareness event. Learn how physical, environmental, and psychological factors can affect your risk of falling.

**Register for event: (623) 207-1703**

**Schedule a fall risk assessment: (623) 471-9355**



HEROES  
*with* HEART



Gala

**SATURDAY, NOVEMBER 6, 2021**

5:30 p.m. doors open | 7 p.m. event begins  
Renaissance Phoenix Glendale Hotel & Spa

Join Sun Health Foundation as we honor Heroes with Heart in healthcare and their dedication to our community. Master of Ceremonies will be Valley favorite **Cory McCloskey**, Fox 10 Arizona Morning Weather Anchor.

Benefiting Banner Boswell Medical Center's Emergency Department through the Sun Health Foundation's *Generosity for Generations* Campaign.

**Register/Tickets: [SunHealthFoundation.org/gala](https://SunHealthFoundation.org/gala)**



### DIABETES EXPO

**FRIDAY, NOVEMBER 12, 2021**

9-11:30 a.m. | The Colonnade  
19116 N. Colonnade Way, Surprise

Gain important knowledge and information from local medical experts right in your community so you can stress less about diabetes! Learn about best practices for preventing and managing diabetes, new innovations for treatment, and the latest trends.

**Register for event: (623) 207-1703**

# CLASS CALENDAR



Registration  
Opens  
August 17, 2021

## BRAIN HEALTH



### Parkinson's & Cannabis: Can It Help Some of the Symptoms?

Tuesday, Oct. 12; 2 to 3:30 p.m.

Some observational studies have shown that cannabis can provide some relief for symptoms of Parkinson's disease, including tremors, digestion, temperature sensitivity and depression. Sol Flower Director of Patient Services Jane Fix will talk about what she has observed anecdotally in her 10 years of working with patients. Along with providing some science on the endocannabinoid systems.

*Location: Freedom Plaza/Ballroom/ Zoom*



### Normal Aging vs Dementia

Tuesday, Oct. 19; 1:30 to 3 p.m.

We all notice changes in our memory as we age. Join Sun Health Memory Care Navigator Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

*Location: Grace Bible Church*



### Isolation/Depression/Anxiety/Dementia/Hearing Loss - Is it Possible they are all related?

Thursday, Oct. 28; 9:30 to 11:30 a.m.

These symptoms have had a major impact on people's lives and most don't realize they are all related. Daniel Hewson, audiologist from Ascent Audiology & Hearing, will share about all of these factors and the actual impact they have on our lives. He will share personal stories and experiences that his patients have had and their effects on the families and loved ones.

*Location: The Colonnade/Zoom*

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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

Due to the ongoing COVID-19 pandemic, Sun Health continues to offer many of our classes in a hybrid format to allow for both in-person or virtual attendance. We offer small group sessions (15 or fewer) for physical fitness classes as well as the Diabetes Prevention Program and the Diabetes Self-Management Education series held in person at The Sun Health Center for Health & Wellbeing.

 Register Online

Beginning August 17, 2021

[SunHealthWellness.org](https://SunHealthWellness.org)

 Register By Phone

Beginning at 8:30 a.m. August 17, 2021

**(623) 207-1703**

except where noted

# CLASS CALENDAR (continued)

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)

## DIABETES

THU	TUE	
SEP	OCT	
16	26	

### Diabetes Self-Management Education \$

Starting Thursday, Sep. 16; 2 to 4 p.m.

Starting Tuesday, Oct. 26; 9:30 to 11:30 a.m.

People with diabetes are living longer, healthier lives. The driving force? Healthy lifestyle changes and better diabetes management. How can you manage the disease to reduce health complications and improve quality of life? Join our registered dietitian and certified diabetes educator for this five-week accredited course which provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. **Please call (623) 471-9355 to register at least one week prior to start of series and inquire about insurance coverage.**

*Location: Sun Health Center for Health & Wellbeing*

MON	MON	
SEP	OCT	
20	18	

### Diabetes Connection Support Group

Mondays, Sep. 20 & Oct. 18; 2 to 3 p.m.

Whether you are new to a diabetes diagnosis or dealing with a new set of challenges, the Diabetes Connection Support Group is here to help. Connecting with other people living with diabetes can be relieving, encouraging and empowering. Support offers a sense of being understood and as well as opportunities to share wisdom and practical information. Join us to learn from educators and others just like you who are encountering and overcoming similar situations. **Registration is not required.**

*Location: Zoom*

TUE	THU	
SEP	OCT	
28	28	

### Annual Diabetes Self-Management Education \$

This two-hour session is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's certified diabetes educator for the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. **Please call (623) 471-9355 to register at least one week prior to start of series and inquire about insurance coverage.**

*Location: Sun Health Center for Health & Wellbeing*

**Tuesday, Sep. 28; 9:30 to 11:30 a.m.**

**Thursday, Oct. 28; 2 to 4 p.m.**

*Location: Sun Health Center for Health & Wellbeing*

THU	
OCT	
7	

### National Diabetes Prevention Program \$

Thursday, Oct. 7; 9 to 10 a.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 at least one week prior to start of series and inquire about insurance coverage.**

*Location: Sun Health Center for Health & Wellbeing*

## HEALTH & WELLBEING

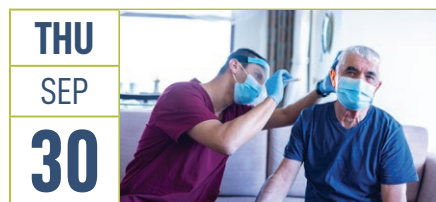


### Foundations of Medicare & the Annual Enrollment Period

**Wednesday, Sep. 15; 9:30 to 11 a.m.**

Learn about the basics of Medicare, eligibility and enrollment process and what happens during the annual enrollment period. Presented by Adan Hernandez, an independent agent specializing in Medicare supplemental and Medicare advantage plans from SMILE Insurance Group.

*Location: Lord of Life Lutheran Church/Zoom*

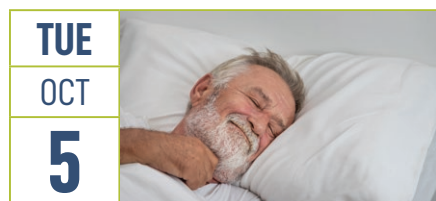


### Effects of COVID on our Hearing & Tinnitus

**Thursday, Sep. 30; 9 to 10 a.m.**

COVID-19 was a horrible catastrophe in our world with so many negative health effects. Daniel Hewson, audiologist from Ascent Audiology & Hearing, will talk about how this virus has caused issues with our hearing, balance and has also caused us to have tinnitus. He will also discuss what we can do to prevent it from getting worse.

*Location: Zoom*



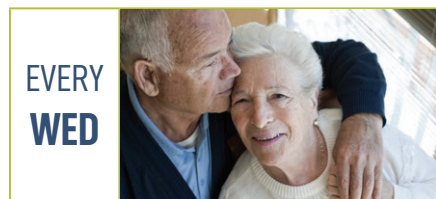
### New Treatment Options for Sleep Apnea. No Mask. No Hose. Just Sleep.

**Tuesday, Oct. 5; 2 to 3:30 p.m.**

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. It is thought to impact as much as 9% of all adults in the U.S., with many being undiagnosed. Join Richard Pearlstein, MD, ENT, from Valley ENT to discuss new procedures and alternatives to breathing machines.

*Location: Freedom Plaza/Ballroom/Zoom*

## MEMORY CARE



### Dementia Caregiver Support Group

**Wednesdays; 3 to 4 p.m.**

This telephone support group is led by Memory Care Navigator Marty Finley, MEd, from Sun Health Wellness. **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*



### Reducing the Risk of Dementia

**Wednesday, Sep 8; 9:30 to 10:30 a.m.**

Many people feel concerned about dementia as they age and some even believe it's just part of aging. However, research shows us there are many factors that influence our risks along with good evidence that a healthy lifestyle can reduce your risk. Join Sun Health Memory Care Navigator Marty Finley as she covers risk factors and what steps you can take.

*Location: Zoom*

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# CLASS CALENDAR (continued)

To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)

TUE	TUE	
SEP	OCT	
14+28	12+26	

## Memory Café

Tuesdays, Sep. 14 & 28; Oct. 12 & 26; 9:30 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. **Call (623) 832-6637 for details.**

*Location: Held Virtually & Telephonically*

TUE	MON	
SEP	OCT	
14	11	

## Dementia Friends Info Session

Tuesday, Sep. 14; 2 to 3 p.m.

Monday, Oct. 11; 9 to 10 a.m.

Arizona will experience the largest increase in people developing Alzheimer's and related dementias over the next five years. 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*

## NUTRITION

TUE	TUE	
SEP	OCT	
14+28	12+26	

## Nutrition and Lifestyle for Weight Loss

Tuesdays, Sep. 14 & 28; Oct. 12 & 26; 11:30 a.m. to 12:30 p.m.

Come learn about a lifestyle approach to weight loss that can help you make simple changes to 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*

WED	
OCT	
13	

## Going Vegetarian

Wednesday Oct. 13; 2 to 3 p.m.

Think that going vegetarian means simply omitting meat from your meals? Actually, it's not that simple as there are different levels of vegetarianism. October is Vegetarian Awareness Month so what better time to explore the different types of vegetarian meal plans? Join Sun Health Registered Dietitian Melva Zerkoune to learn about the benefits of going vegetarian and discover how meatless meals can be incorporated into your regular meal plan.

*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.**

*With your support, Sun Health builds knowledge and understanding about age-related diseases and ways to prevent, delay and manage their symptoms and impact.*

Visit [SunHealthFoundation.org/generosity](http://SunHealthFoundation.org/generosity) or call (623) 471-8500 to learn more.



## PHYSICAL FITNESS

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 weekly multisession series at \$5 per class, paid up front for the series.

### Mat Yoga \$ (8-session)

**Starting Monday, Sep. 13; 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.

### Mat Yoga \$ (8-session)

**Starting Wednesday, Sep. 29; 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.

### Strength Training \$ (6-session)

**Starting Friday, Oct. 15; 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.

### Chair Yoga Plus \$ (8-session)

**Starting Monday, Sep. 13; 9:30 to 10:30 a.m.**

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

### Chair Yoga Plus \$ (8-session)

**Starting Wednesday, Sep. 29; 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.

## SAFETY

### Stand Up to Falling Down Event

**Wednesday, Sep. 22; 9:30 to 11:30 a.m.**

In recognition of National Falls Prevention Awareness Day, Sun Health is hosting a Fall Prevention Awareness event that will feature educational presentations from health professionals. For more information on fall prevention, see page 2.

*Location: The Colonnade/Zoom*

### Tai Chi Essentials \$ (8-session)

**Starting Monday, Sep. 13; 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.

### Tai Chi Essentials \$ (8-session)

**Starting Wednesday, Sep. 29; 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)

**Starting Monday, Sep. 13; 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

### The Core to Strength \$ (8-session)

**Starting Wednesday, Sep. 29; 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.

### Modern Day Snake Oil

**Wednesday, October 27; 2 to 3:30 p.m.**

During the pandemic many new scams have come knocking at your door or ringing on your phone. Some are new flavors of old tricks while others are new and harder to detect. Join Sun Health Wellness Specialist Alex Stark, MS, to learn more on scams and how to avoid becoming a victim.

*Location: The Colonnade/ Zoom*



**Sun Health**<sup>®</sup>  
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 PERMIT NO. 5377

Home is where  
*your* heart is.



**Sun Health**<sup>™</sup>  
 COMMUNITIES  
 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.

<b>SEPTEMBER</b>	<b>SEPTEMBER</b>	<b>SEPTEMBER</b>
<b>9</b>	<b>9</b>	<b>21</b>
10 a.m.	2 p.m.	10 a.m.

<b>OCTOBER</b>	<b>OCTOBER</b>	<b>OCTOBER</b>
<b>5</b>	<b>19</b>	<b>27</b>
10 a.m.	10 a.m.	3 p.m.

7TH ANNUAL

# STAND UP *to* FALLING DOWN

A FALL PREVENTION SCREENING & AWARENESS EVENT

JOIN US

Wednesday, September 22, 2021

See page 10 for more information



**Sun Health**<sup>™</sup>  
 WELLNESS