



LiveWell

JANUARY/FEBRUARY 2022



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Romancing Your Heart

Focusing on self-care

By Rainey Daye Holloway



It's a scenario any of us who have ever flown on an airplane are familiar with. We are told that if the airplane loses cabin pressure, a yellow mask will drop down, and we are to secure the mask on our own face before helping others, including those in your care.

Have you ever thought of why?

Sun Health's Vice President of Home and Community Based Services Barbara Mason shares why masking yourself before others is crucial in life, not just inside a flight cabin.

"We are often advised to take care of ourselves, take care of our cholesterol, our blood pressure, and needs related to our physical being," says Barbara. "But how often do we

think of the fact that for our hearts to keep beating, we need our brains to stay alive, and if your brain is not functioning well, the domino effect could be catastrophic. Self-care is vital to taking care of your heart and other vital organs in your body."

During February, known as American Heart Month, quite often we focus on how to physically take care of the heart. However, medical experts say self-care is something that should be added into all of our daily routines. According to the National Alliance of Mental Illness (NAMI), as a society we struggle with self-care because we tend to assume that taking care of yourself means you are being selfish.

"There is a great analogy by NAMI that reminds all of

us that you can't drive a car without fuel. Maintaining a self-care practice is not an act of selfishness — it is an act of improving our ability to care," says Barbara. "As NAMI shares, when self-care feels selfish, we aren't seeing the long game. Taking time for our physical and mental health makes us more capable for others."

NAMI defines self-care as:

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness and increase your energy. Even small acts of self-care in your daily life can have a big impact.

"Self-care is focusing on the parts of the body you cannot see. Taking care of your mental health is just as important as watching our cholesterol and monitoring our blood pressure," Barbara says. "In fact, there is proof that taking care of your mental health can change your physical health."

"Think about the phrases we use all the time internally, that impact our heart. I'm broken-hearted, I'm hard-hearted, I'm light-hearted. This is the heart we are talking about. Some say the essence of who we are and how it manifests itself internally has a direct impact on our physical being," Barbara says. "We have to ask if you do not take care of yourself, who is going to take care of you?"

Plus, Barbara points out another unexpected perk can be an increase in your social calendar.

"If you are not reflecting peace, calm and a loving nurturing self, people are going to shy away from you and not want to be around you. The benefits of self-care and what radiates from the benefits are better relationships all around."

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. Sun Health's Center for Health & Wellbeing offers ideas to get started below.

See the page 11 of this magazine for a variety of health and wellness classes available at a low or no-cost thanks to the generous support of the Sun Health Foundation. These courses are offered in-person and online, adhering to safety protocols recommended by the Centers for Disease Control and Prevention.

Self-Care Ideas

Self-care is the practice of taking an active role in protecting one's own wellbeing and happiness, in particular during periods of stress.

- **Go for a leisurely walk**
- **Try out a new recipe**
- **Schedule personal self-care time each day**
- **Do one thing at a time**
- **Watch a chick flick (or whatever type of movie you like best)**
- **Listen to your favorite music**
- **Read a book just for fun, just for yourself**

LiveWell

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SunHealthWellness.org

SUN HEALTH

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Information@SunHealth.org
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SUN HEALTH WELLNESS

(623) 471-9355
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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

Photos on cover and pages 4 & 7
by Allen Butler



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.

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Resolution Success

Sun Health's Easy Plan for Eating Healthier

By Rainey Daye Holloway

Julia Deen, RDN

There is a strong likelihood, like millions of other Americans, that you may have indulged in extra homemade holiday sweets and an extra scooping of potatoes while celebrating the holidays.

And to help make up for that overindulgence, also like millions of others, you've added a healthier diet and exercise to your list of New Year's resolutions in 2022.

The good news is that Sun Health's Center for Health & Wellbeing is here to help you with these goals. The first step, however, says Sun Health's Registered Dietitian Nutritionist Julia Deen is to give yourself a little latitude.

"Be kind to yourself and give yourself grace as you get back to doing things that are beneficial to your heart health," Julia advises. "It is also important to understand as you move forward that we all have relapses and slips. It is really important that you get back to healthy eating as soon as possible and make the next meal and next day as healthy as you can."

You may be thinking, OK, that's great, but after eating all the homemade goodies and meals that were not as healthy how do you even turn over that leaner and healthier new leaf? Julia says it's all about adding some color as we look to slim down post-holidays.

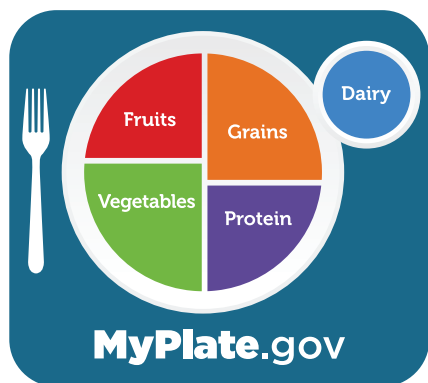
"One good way to start off is to use the MyPlate method. In using the MyPlate method, you always make sure half of your plate is fruits and vegetables, the other half of the plate is grains and protein," Julia explains. "What's great about the MyPlate method is you include all foods that are part of a healthy eating pattern, and you can also use it when eating out, too."

As shown, the MyPlate method presents an easy way to get a healthy serving of each food group and is a great way to fulfill your New Year's resolution of eating healthy.



MyPlate Foods: The 5 Main Food Groups

- 1/2 of your plate = fruits and vegetables
- 1/4 of your plate = whole grains
- 1/4 of your plate = lean proteins
- 1 serving of dairy



Fruits and Vegetables

- **Fruits** (ex: berries, banana, apple & pear)

SERVING SIZE:

- 1 medium fruit (about the size of a baseball)
- 1/2 cup chopped, cooked, or canned fruit
- 1/2 cup 100% fruit juice

- **Vegetables** (ex: spinach, carrot & broccoli)

SERVING SIZE:

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables
- 1/2 cup of vegetable juice



For those interested in learning more about the MyPlate program, or if you have specific ailments such as chronic kidney disease, joint inflammation and high blood pressure, Julia – as part of her nutrition services at Sun Health's Center for Health & Wellbeing – can personalize a plan for you. Visit SunHealthWellness.org or email Julia at information@sunhealthsl.org

Getting Back Your Lost Exercise Habit

By Rainey Daye Holloway

The weather in Arizona is delightful. However, the thought of fulfilling the promise to yourself of getting back to exercising in the new year may have you feeling frightful.

As Sun Health's Wellness Specialist Alex Stark, M.S., says, the key to making sure you stay true to your New Year's resolution of getting back to exercising is to start small.

"I like to remind clients that the most important thing is to start small. Exercise is not like riding a bike. You might remember what to do, but your muscles need a little time," he says. "If you used to exercise for an hour, start with 15 minutes. If you used to cover 3 miles, in 1 hour, now you may only be able to do 1 mile and that's OK."

As Alex points out, it is not uncommon for people to take time off from exercising during the holidays; others may have stopped workout routines due to fitness center closures. Another important part of getting back to physical activity is to reestablish the routine, and that does not happen overnight.

"It takes 12 weeks to establish a habit, so the sooner you start the habit and do it more regularly, the more success you will have in the long run," Alex says. "And the smaller amounts and working up to frequency is key as well. Once you establish the behavior again, if you get off track something will feel amiss because you get an adrenaline boost when you exercise, and when you don't you will feel groggy and miss the feeling. It's all about getting back to the routine."



Another important reminder when getting back on track — remember to drink plenty of water and warm up before stepping out into the cool weather to exercise. Also, forgetting to stretch out could land you in the physician's office.

"It is easy to think because it is cooler outside, I am not as likely to sweat or get overheated, so I do not need as much water, which is not the case. Our bodies are like engines and always need water," Alex says. "And be sure you warm up before going outside in the cool temperatures. If you do not stretch or ease into whatever you might be doing, you can easily get a cramp, which could lead to injury. Ease into what you are doing. Don't just step outside and start sprinting."

Alex reminds us to take getting back to exercising day by day and to be easy on yourself as you reestablish the habit. He cautions that although habits may take 12 weeks to form, as soon as you start to work on them they will grow into a habit.

The key is not to overthink it, keep it simple, and before you know it, regular exercise will be part of your 2022 routine!

As Alex says, reestablishing the habit is the most important part of getting back to a physically active lifestyle. Join Alex as he presents a class called "Getting Back on Track" on Jan. 31. To register, see page 12.

Sun Health's online platform LiveWell Learning offers several classes aimed at establishing good habits for exercising and eating, including Setting and Achieving Goals, Stress Eating, Nutrition for Fitness and Healthy Habits.

To learn more, please visit [LiveWellLearning.org](https://www.livewelllearning.org).



Sun Health's Center for Health & Wellbeing offers many different options for people in the community at all levels and physical abilities.

One option, called Tai Chi, uses centuries old practices to help with everything from basic balance and stability to coping with stress and anxiety.



The National Institutes of Health, based on findings from clinical trials, says the following about Tai Chi:

Practicing Tai Chi may help to improve balance and stability in older people and in those with Parkinson's disease, reduce back pain and pain from knee osteoarthritis, and improve quality of life in people with heart disease, cancer and other chronic illnesses. Tai Chi may ease fibromyalgia pain and promote general quality of life. Tai Chi also may improve reasoning ability in older people.

For information about Tai Chi and all the classes Sun Health offers at low or no-cost to the community, please see our calendar starting on page 11.

You can provide educational experiences and support to community residents to help them improve their quality of life.

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

An Ounce of Prevention

Understanding Risks and Preventing Breast Cancer

By Ken Reinstein

According to the American Cancer Society (ACS), Arizona ranks 42nd nationally for up-to-date mammography in women ages 45-plus. February is National Cancer Prevention Month, and we met up with two breast surgical oncologists at Banner MD Anderson Cancer Center at Banner Del E. Webb Medical Center campus to learn more.

“The two biggest risk factors in getting breast cancer are being a woman and getting older,” says Kelly Rosso, M.D. “And breast cancer is most-commonly diagnosed in women in their mid-50s.”

According to Dr. Rosso, screening mammograms are recommended every 12 months.

“It’s a very low-risk procedure that is non-invasive and when we detect breast cancer on a screening mammogram, it’s usually smaller, not apparent by physical exam and much easier to treat.”

Dr. Rosso and her colleague Dr. Brittany Murphy work with women of all age groups to treat benign concerns like breast pain, and breast mastitis (infection) in patients who are nursing. They also see patients

who are post-menopausal, the age group when breast cancer is usually diagnosed, as well as women in their 30s, 40s, some who are not yet due for their routine mammograms when they are diagnosed.

At Banner MD Anderson Cancer Center, age is not a factor for screenings and treatment.

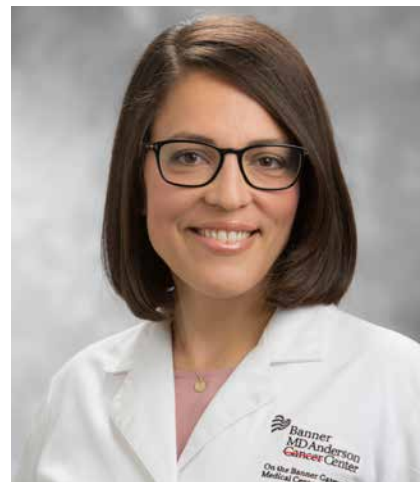
“There really is no age cut-off for routine screening mammograms,” Dr. Rosso says. “If you are 85 and healthy, and you want to have a screening mammogram and want to do something about a significant finding there is no reason not to. That is a discussion you should have with your primary care provider.”

“The two biggest risk factors in getting breast cancer are being a woman and getting older.”

Kelly Rosso, M.D.

Understanding risk factors

“Any family history of breast cancer is a risk factor,” Dr.



Dr. Kelly Rosso

Rosso says. “Obesity is a risk factor since it can raise your circulating estrogen levels. Hormone replacement therapy after menopause can increase your risk, as well as any sort of therapeutic radiation to the chest wall.”

Preventative measures

There are lifestyle modifications that post-menopausal women people can do to help prevent breast cancer.

“I generally say live as healthy of a lifestyle as you can,” says Dr. Murphy. “We recommend maintaining a normal weight and BMI or body mass index. And we encourage exercise, generally 150 minutes a week of moderate intensity workouts. Additionally, try to limit alcoholic beverages to less than one drink per day. And eat a plant-based diet high



in fruits and vegetables, low in processed foods and refined carbohydrates.”

Just like her colleague Dr. Rosso says, Dr. Murphy states emphatically, “in terms of breast cancer, the No. 1



Dr. Brittany Murphy

thing you can do is get your screening mammogram. So, every year, get it.”

One of the places you can get screened is at the Women’s Imaging Center at the Louisa Kellam Center for Women’s Health at Banner Del E. Webb. They have screening mammograms, diagnostic imaging and biopsy services. Additionally, the center has a team of patient navigators who contact the patient’s primary healthcare provider with a cancer diagnosis.

“Then, the provider contacts the patient, and we schedule that person to come in to see me or Dr. Murphy for an evaluation,” Dr. Rosso says. “She will be seen in a multi-disciplinary clinic where she will meet with

a surgeon, medical oncologist, radiation oncologist and nurse navigator all in the same visit.”

COVID and breast health

“Anecdotally, I am seeing patients hesitant to get a COVID vaccine because they don’t want to influence their mammogram,” Dr. Rosso says. “There were reports about the vaccine creating swollen lymph nodes and patients either put off their COVID vaccine in lieu of getting their mammogram or put off their mammogram because they got the vaccine. The imaging center can sort through that, so get your COVID vaccine and get your mammogram”

For more information, visit BannerHealth.com or call (623) 876-3880.

SAVE THE DATE

JOIN US FOR A FREE COMMUNITY HEALTH EVENT



Resiliency: THE MIND-BODY CONNECTION

Saturday, April 9, 2022

9:00 a.m. - noon PST

The Vista Center for the Arts

15660 N Parkview Pl
Surprise, AZ 85374

resilience

/rəˈzilyəns/

noun; ability or life skills of an individual to adapt to hardships, stress, emotional difficulties, and mental health adversities.

We all face trauma, adversity, and other stressors. Join Sun Health and community experts as we add tools to your toolbox to help you bounce back and find the positives in your day whether you are working, retired or a stay-at-home parent. Enjoy interactive demonstrations and presentations with representatives from various community resources on hand to answer questions before and after the scheduled events.

Call (623) 471-9355 or visit SunHealthWellness.org



Driving FORE Superior Health Charity Golf Day

Saturday, April 23, 2022 | Topgolf Glendale

When you swing that club or putt that ball, you're also supporting new developments in cancer care and treatment in our community through the *Generosity for Generations* Campaign. This day of fun also honors medical professionals, patients, and survivors in the fight against the disease.

For more information, contact Janine McGhee at Janine.McGhee@SunHealth.org or call (623) 471-8503.



CLASS CALENDAR



Registration Opens
December 14, 2021

CANCER CARE

Food and Cancer Prevention

Friday, Feb. 18; 10 to 11 a.m.

Did you know eating healthy food may reduce your risk for certain cancers? A diet rich in whole grains, fruits and vegetables can provide many benefits including cancer prevention. In recognition of February as Cancer Prevention Month, join Sun Health Registered Dietitian Julia Deen to discuss these recommendations.

Location: Zoom



FRI

FEB

18

Breast Cancer Basics—Screening, Diagnosis and Treatment

Monday, Feb. 28; 1:30 to 3 p.m.

Breast cancer is diagnosed in 1 out of every 8 women. Join breast surgeon Brittany Murphy, MD, with Banner MD Anderson Cancer Center at Banner Del E. Webb Medical Center campus, who will discuss screening recommendations, diagnosis and treatment basics of breast cancer. **Read more on page 8.**

Location: Faith Presbyterian Church/Hybrid



MON

FEB

28

Location Key

DESERT PALMS PRESBYTERIAN CHURCH

13459 W. Stardust Blvd.,
Sun City West

FAITH PRESBYTERIAN CHURCH

16000 N. Del E. Webb Blvd.,
Sun City

FREEDOM PLAZA/ BALLROOM

13373 N. Plaza Del Rio Blvd.
Peoria AZ

GRACE BIBLE CHURCH

19280 N. 99th Ave.
Sun City AZ

GRANDVIEW TERRACE/ BALLROOM

14515 W. Granite Valley Dr.
Sun City AZ

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd.,
Sun City West

PORA LEARNING CENTER

13815 W. Camino del Sol,
Sun City West

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave.,
Surprise

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 December 14, 2021

SunHealthWellness.org

 **Register By Phone**

Beginning at 8:30 a.m. December 14, 2021

(623) 207-1703

except where noted

HEALTH & WELLBEING



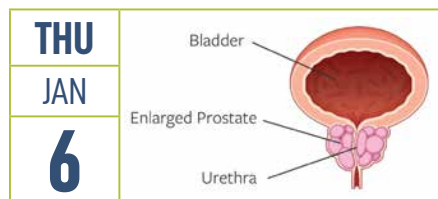
TUE
JAN
4

Benefits of Medicare Advantage & Medicare Advantage Prescription Drug & General Open Enrollment Period

Tuesday, Jan. 4; 2 to 3:30 p.m.

Learn about the benefits of Medicare Advantage and Medicare Advantage Prescription Drug coverage and what happens during the general enrollment period? Presented by Adan Hernandez, an independent agent specializing in Medicare Supplemental and Medicare Advantage Plans, from SMILE Insurance Group.

Location: Freedom Plaza Ballroom/Hybrid



THU
JAN
6

Aquablation: The Newest in Advanced Prostate Treatment

Thursday, Jan. 6; 4 to 5 p.m.

If you're starting to spend more time in the bathroom, then with your family and friends there might be a problem. While prostate growth is a normal part of aging the downstream effects can be both bothersome and dangerous. Join Prostate specialists Roscoe Nelson, MD, will discuss prostate issues and Aquablation.

Location: Zoom



FRI
JAN
7

Fecal Incontinence: Take Back Control

Friday, Jan. 7; 1 to 2:30 p.m.

Fecal incontinence can occur at any age, but it's more common in older adults affecting 1 in 10 people. In many cases, it can be cured completely. Join Ylli Zhubi, MD, to learn causes and what you can do to take back control of your movements.

Location: Grandview Terrace/ Ballroom/ Hybrid



TUE
JAN
18

Applying For Long-Term Aid In Arizona

Tuesday, Jan. 18; 1:30 to 3 p.m.

Attorney Lora Johnson will explain how to not outlive your money when facing the expenses of long-term care in a nursing home or in your own home, as well as the "ins and outs" of applying for ALTCS/Medicaid in Arizona. What is the benefit and how does it work?

Location: Grace Bible Church/Hybrid



MON
JAN
31

Getting Back on Track

Monday, Jan. 31; 1:30 to 3 p.m.

People fall off healthy habits for many reasons because life happens to us all. Join Sun Health Wellness Specialist Alex Stark, MS, to learn skills and techniques to get back on track with healthy lifestyle behaviors including exercise, nutrition and mental resilience. **Read more on page 6.**

Location: Faith Presbyterian Church/Hybrid

Like *LiveWell* Magazine? Get it delivered digitally to your favorite device or a copy mailed to your home. Visit SunHealthWellness.org/Livewell-magazine.



Sciatica and Low Back Pain

Thursday, Jan. 27; 9 to 10 a.m.

Due to lifestyle changes in the past year and a half sciatica pain is on the rise. But, sciatica pain can be treated with proper care and spinal alignment. Join Dr. Shannon, D.C, from Greenway Cotton Chiropractic to learn more about what causes sciatic and how it can be treated.

Location: PORA Learning Center/Hybrid



Alcohol and the Ageing Brain

Wednesday, Feb. 16; 9:30 to 10:30 a.m.

Drinking too much may increase the risk of dementia. Sun Health Memory Care Navigator Marty Finley, MEd, shares how alcohol impacts the aging brain and what changes you need to consider to reduce your risks.

Location: Lord of Life Lutheran Church/Hybrid

MEMORY CARE

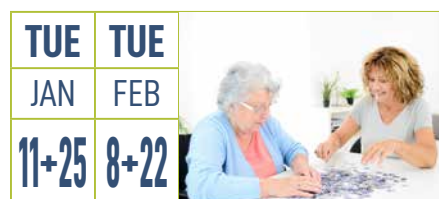


Home Safety: How to Evaluate When Visiting an Elder

Monday, Jan. 10; 1 to 2 p.m.

When you may only visit an older loved one in person once a year, you might miss early signs of dementia. Join Sun Health Memory Care Navigator Marty Finley, MEd, to learn what signs to look for when visiting a loved one that who may indicate signs of dementia.

Location: Desert Palms Church/Hybrid

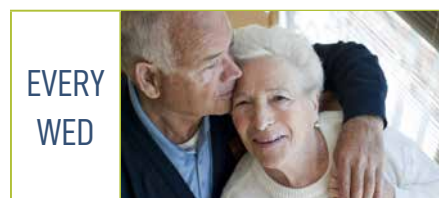


Memory Café

Tuesdays, Jan. 11, 25; Feb. 8, 22; 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. Registration is not required.

Location: Held virtually & telephonically. Call 623-832-6637 for details.



Weekly Dementia Caregiver Support Group

Wednesdays; 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.

Location: By Telephone

NUTRITION



Nutrition, Lifestyle for Weight Loss

Tuesdays, Jan. 11, 25 ; Feb. 8, 22; 11:30 a.m. to 12:30 p.m.

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

CLASS CALENDAR (continued)

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



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)

Monday, Jan. 3; 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)

Monday, Jan. 3; 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 2 \$ (8-session)

Monday, Jan. 3; 11 a.m. to noon

Adding to the lessons in Tai Chi Essentials 1 this class adds five new movements to the five already learned and puts them in a short easy Tai Chi form. Practitioners will expand their knowledge of Tai Chi by learning how to walk in a Tai Chi manner going forward, sideways and backward. Balance is always a main concern and is foremost in this routine. Wear loose comfortable clothing; shoes are optional. This will be the Tai Chi you seen on TV and in the parks of China.

Strength Training \$ (8-session)

Monday, Jan. 3; 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.

Strength Training \$ (8-session)

Friday, Jan. 7; 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.

Mat Yoga \$ (8-session)

Wednesday, Feb. 23; 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)

Wednesday, Feb. 23; 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.

Tai Chi Essentials 2 \$ (8-session)

Wednesday, Feb. 23; 11 a.m. to noon

Adding to the lessons in Essentials 1 this class adds 5 new movements to the 5 already learned and puts them in a short easy Tai Chi Form. Practitioners will expand their knowledge of Tai Chi by learning how to walk in a Tai Chi manner going forward, sideways, and backwards. Balance is always a main concern and is foremost in this routine. Wear loose comfortable clothing; shoes are optional. This will be the Tai Chi you have seen on TV and in the parks of China.

The Core to Strength \$ (8-session)

Wednesday, Feb. 23; 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.

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.

Mat Yoga \$ (8-session)

Monday, Feb. 28; 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)

Monday, Feb. 28; 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 1 \$ (8-session)

Monday, Feb. 28; 11 a.m. to noon

Beginning Tai Chi for everyone. Based on the exercises in The Harvard Medical School Guide to Tai Chi, Essentials 1 presents the fundamentals for proper Tai Chi so the practitioner can receive the most benefits from the exercise. Brought together is an easy-to-learn, easy-to-do five movement routine, Tai Chi practitioners of any level can benefit from this class. Wear loose comfortable clothing; shoes are optional. Some of the health benefits of the Essentials are improved breathing, balance and greater relaxation

Strength Training \$ (8-session)

Monday, Feb. 28; 12:30 to 1:30pm

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

SAFETY

Matter of Balance (8-session)

Fridays, Jan. 14; 11:30 a.m. to 1:30 p.m.

Are you concerned about falling or have you fallen in the past? Have you restricted activities because of the fear of falling? This eight-class, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

Location: La Loma Village

Matter of Balance (8-session)

Fridays, Jan. 14; 2 to 4 p.m.

Are you concerned about falling or have you fallen in the past? Have you restricted activities because of the fear of falling? This eight-class, evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

Location: Sun Health Center for Health & Wellbeing

Steady As You Go: Preventing Falls One Step at a Time

Monday, Feb. 7; 1 to 2 p.m.

One in 4 Americans age 65+ will fall each year, making falls the leading cause of injury and injury-related death among older adults in the U.S. However, falling does not have to be considered an inevitable part of aging. Join Sun Health Wellness Intern Regan Benike, EP-C, to learn various facts, tools and fall prevention strategies to help keep you safe.

Location: Zoom

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 or call (623) 471-8500 to learn more.

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.

JANUARY	JANUARY	JANUARY
6 1 p.m.	11 10 a.m.	27 1 p.m.
FEBRUARY	FEBRUARY	FEBRUARY
3 3 p.m.	15 10 a.m.	22 2 p.m.

Our meetings are held at the Sun Health Center for Health & Wellbeing, 14719 W. Grand Ave. Surprise, AZ 85374

JOIN US FOR
Sun Health's Resiliency:
Mind-Body Connection

Saturday, April 9, 2022



More details on page 10.