



# LiveWell

NOVEMBER/DECEMBER 2022

## Healthy Holidays Guide



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# Healthy Holidays Guide

**Welcome to Sun Health's Healthy Holidays edition of LiveWell Magazine.**

*It truly is the most wonderful time of the year! As we all make plans to celebrate during the holiday season, Sun Health, has many great ideas on keeping healthy. You will be reading more about the great range of services, from memory care resources to programs designed to keep you living a healthy life in your own home, throughout this issue.*

**W**e are excited to provide details on our annual Diabetes Expo. This event takes place on Friday, November 4, from 9 a.m. to noon at Sun Health's Grandview Terrace, in the Grand Room.

This year's lineup is one not to miss. Sun Health has a wide variety of presenters and vendors ready to answer questions not only about diabetes management and prevention, but experts will be present to answer pressing insurance-related questions.

"It's not the notion of a best plan, but, what is the best plan for you," brokers Derrick Cooper and Mike Smith of ASC Insurance, presenters at the expo say. Cooper adds: "What are your health concerns? We help whittle down options. No one can look at them all."

Beyond Medicare guidance, the Expo will offer a prediabetes risk test to attendees. Sun Health's experts will talk about current trends in diabetes treatment, including a presentation

by a leading local endocrinologist Dr. Diane Gronski, who will talk about the Freestyle Libre and her thoughts on the cutting edge diabetes tool for tracking blood sugar levels.

And of course, there will be lots of discussions on food. And what better way to talk about healthy eating and growing your own garden than getting tips and tricks from the local experts at Duncan Farms.



We are happy to share that the fourth generation of Arizona farmers will be joining us at the expo to share some of their secrets to growing veggies in our Southwest climate.

There will also be a lot of great giveaways and information from other health experts in the specialty fields of orthopedics, physical therapy and exercise, audiology and eating right.

## Kick off your holidays with a great event



BROUGHT TO YOU BY



**Friday, November 4, 2022 | 9 a.m. - noon**  
**Grandview Terrace – Grand Room**

14515 W. Granite Valley Drive

### *Stress Less About Diabetes*

November is Diabetes Awareness month and Sun Health's diabetes education staff is hosting an expo to promote ways to manage or prevent type 2 diabetes. We invite you to join Sun Health for this informative event so you can stress less about diabetes.

- Hear about current trends in diabetes treatment from medical experts
- Learn best practices for managing your diabetes and minimizing complications
- Understand your Medicare benefits for diabetes education and support
- Prediabetes Risk Test

**Call (623) 471-9355 to register. For more information, visit [SunHealthWellness.org/expo](https://SunHealthWellness.org/expo)**

THANK YOU TO OUR SPONSOR



# LiveWell

NOVEMBER/DECEMBER 2022, ISSUE 71  
[SunHealthWellness.org](https://SunHealthWellness.org)

#### SUN HEALTH

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#### 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.

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[rox-media.com](https://rox-media.com)

# Sun Health At Home for the Holidays

Many of us imagine spending the holidays leisurely at home with friends and family while enjoying our grandchildren. Sun Health At Home® brings those dreams to reality. The Sun Health At Home (SHAH) program gives its members the opportunity to successfully age in place wherever they call home, with the assurance of knowing they have guaranteed lifetime access to health care should their health needs ever change. Sun Health At Home's benefits provide a custom plan to keep its members active, healthy and enjoying the retirement they planned. Members of this innovative program happily share how SHAH is supporting them so they can live out their retirement years just the way they dreamed!

"The aim is for us to live at home forever."

—Don and Susan Helms

## **Don and Susan Helms on having a plan to successfully age in place**

"I think one of the other things for me that it really answered, that checked a lot of boxes for me, is the flexibility of the program. In other words, the aim is for us to live at home forever. But if we can't for some reason, there are options available."

## **Michelle and Denise Homme (daughters of Shirley Homme) on Sun Health watching over their mom and the relief it provided**

"I would say Sun Health At Home (SHAH) has been incredibly instrumental because my sister and I both live out of state. We're not familiar with any sort of services here. And so, when we discovered SHAH, I mean, it literally met and exceeded our expectations because they've had all the answers. There have been many times that SHAH came to the rescue in helping our mom."



*“There are a lot of things through Sun Health that are part of that membership. And they’re geared to keeping us as active as possible.”*

*—Sally and Bob Harloff*



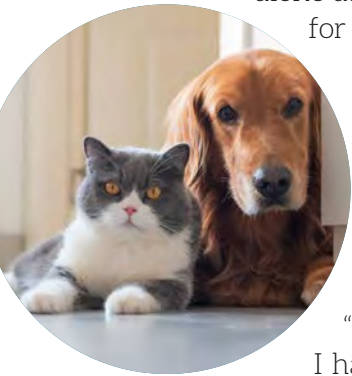
**Sally and Bob Harloff, remind others why this program goes way beyond the typical long-term insurance plan**

“The 24-hour person being on call, the activities, the classes, the seminars. We had a long-term health insurance policy before this one. It was a piece of paper saying, you get this much if you break your leg, you get this much if you die, and it’s worth this much money. This has more to it than that.”

“There are a lot of things through Sun Health [At Home] that are part of the membership, and they’re geared to keeping us as active as possible.” Sally and Bob regularly participate in the program’s social activities, like axe throwing, private movie screenings and Oktoberfest with their fellow SHAH members.

**Diane Kruse, Sun Health At Home Member on having help when you need it**

“Karlene (Sun Health At Home Wellness Coordinator) was with me for 10 hours in the Emergency Room, and she was so patient. She was so good, and it was so nice to have that nurse as a partner with you in your care. Another thing I like is the personal emergency response system because you never know when you might be alone at home and need to reach out for help.”



**Alexis Fuerst, Sun Health At Home allows her the flexibility to keep her furry family members together**

“I wanted to stay in my house. I have the dog and the cat. I don’t know if I’m ready yet to move into a small one- or two-bedroom, apartment. They meet what my needs are right now and will be in the future.”

## Stay Healthy While Living At Home

For more information see back cover. To schedule a consultation with Sun Health At Home, call **(623) 227-4663** or visit **SunHealthAtHome.org**



SUN HEALTH AT HOME



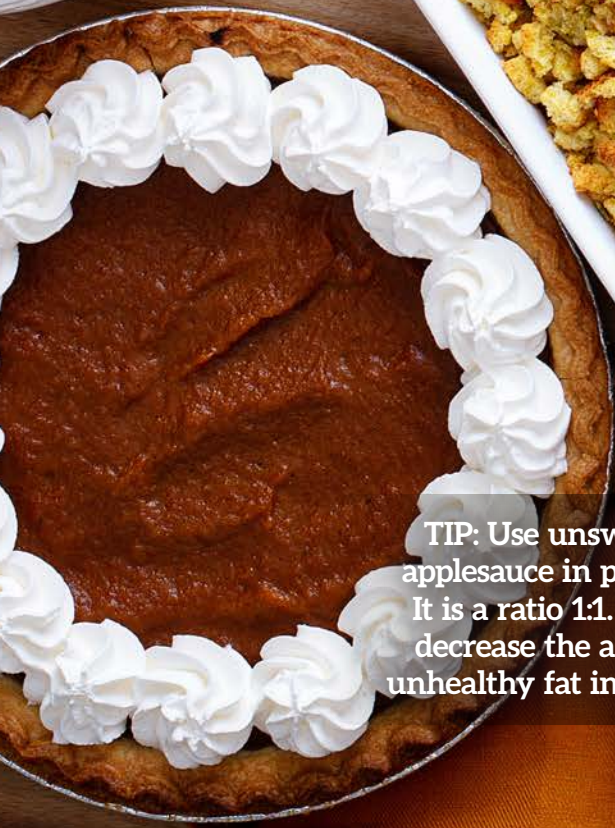


**TIP:** Use toasted walnuts drizzled with honey as a topping instead of marshmallows. This will add a healthy serving of fat and a tasty crunch.

**TIP:** Use low-sodium chicken broth in place of heavy cream to add flavor and decrease calories.



**TIP:** Use whole grain bread in place of white bread to increase fiber.



**TIP:** Use unsweetened applesauce in place of oil. It is a ratio 1:1. This will decrease the amount of unhealthy fat in the recipe.



# Maintain Don't Gain During the Holidays

It's a trick most of us have probably tried. You know you are going to a holiday party where there will be lots of goodies, so you "save" your calories by not eating throughout the day so you can eat later at the party. Sun Health dietitians want you to do the exact opposite for success.

"It's common for people to think that when they skip a meal they are saving calories. What happens though is it backfires and by mid-afternoon or early evening, they're starving, and willpower goes away," shares Teri Elkins, Population Health Programs Director at Sun Health. "Our body needs fuel in the form of food to function, so when it is deprived, it screams out for what it needs - food! Willpower is no match for starvation, and then you end up feeling guilty and more likely to overeat. Skipping meals sets you up for failure."

That's why Teri and the team of dietitians at Sun Health say eating well-planned meals is the way to prevent overindulgence with too many holiday foods. Teri says by eating three meals a day along with healthy snacks, you're likely to notice you get through the day with more energy and tend to make healthier choices. However, Sun Health's team of experts recognizes the spread of yummy foods and scrumptious desserts can make it tough at holiday time. Plus, planning ahead with all the hustle and bustle can be challenging, too. They offer these tricks of the trade to help you make better choices and avoid the gift of gaining weight during the holidays.

*Find out if your insurance covers a visit with Sun Health nutrition experts by calling (623) 471-9355 to schedule an appointment. Telehealth appointments are available.*



**TIP: Cut your alcohol calories in ½ by drinking water or seltzer between drinks.**

# Help *A Phone Call Away*

November is National Alzheimer's Awareness Month. According to [Alzheimers.org](http://Alzheimers.org), more than 6 million Americans are living with Alzheimer's, and more than 11 million others provide unpaid care.



Vivian Durland, of Sun City West, remembers feeling so low that she sat in her car thinking about closing the garage door so the fumes would overtake her and end her misery as a caretaker for her husband who had Alzheimer's.

Vivian's spouse had become abusive as the brain disease altered his mind.

That's why she wants others who may be feeling despair while trying to navigate the sometimes excruciating world of memory loss to know about Sun Health's Memory Care Navigator Program.





"I was a nurse for 42 years and nothing prepared me for this. I thought it would be easy for me. I was wrong. I had a huge wakeup call as this was not an 8- or 12-hour shift. It was 24/7," she says.

"I was sleep deprived, depressed and so tired. I had little family support."

"The support group became my heavenly place on earth as we would meet a couple of times a month and talk about issues no one else would understand."

Sun Health's Lead Memory Care Navigator, Marty Finley, says anyone can call for help, and there is no cost thanks to donations to the Sun Health Foundation.

"Our referrals can come from anywhere. It can come from a neighbor. It can come from the person with the memory loss. It can come from their physician. It doesn't matter. All it takes is a phone call. Then we can spring into action to try to

help that person and that family." Marty says. "It is because of the generosity of donors to the Sun Health Foundation that this program exists."

Vivian says because the program was no-cost it changed her life: "We lived on Social Security, we had no home, no assets. I just had my car and personal belongings. I couldn't afford caregivers; I was the only one and didn't know what to do. Money was a big issue for me."

"The education the program provided changed our lives. I didn't know about Arizona Long Term Care System (state funded health care) or how to apply. I didn't know about other community resources. Marty and the education provided are invaluable, too. This is why I encourage people to reach out to this program."

**Sun Health's Memory Care Navigator program helps those with memory loss and their family members and friends with support, services and resources. Call (623) 471-9300 or visit [SunHealth.org/memorycare](http://SunHealth.org/memorycare).**



**Sun Health**<sup>™</sup>  
WELLNESS

## CAREGIVER SUPPORT GROUPS

**Great news! Sun Health has more ways to attend our no-cost Dementia Caregiver Support Groups with options to join by phone or in-person. Our current Wednesday phone support group will continue, and we are adding an option for in-person sessions starting in November.**

**(623) 471-9300**  
**[SunHealth.org/memorycare](http://SunHealth.org/memorycare)**

# Extra Time? Get Extra Bucks.



Maybe you've retired and are thinking it might be nice to:



Earn some extra spending money and discounts on food, drinks, and Sun Health Resale Shops



Meet new, like-minded people who want to make a difference



Get out of the house and keep your body and brain active



Boost your retirement plan



Enjoy flexible schedules, paid time off, and paid sick time



Rejuvenate your health through our Wellbeing services



Protect your furry family with pet insurance

Sun Health is hiring for the following locations:

**Grandview Terrace**  
Sun City West

**La Loma Village**  
Litchfield Park

**The Colonnade**  
Surprise

**Administration**  
Surprise

## Apply today!

For more information and to apply, visit [SunHealth.org/Careers](https://SunHealth.org/Careers)

# CLASS CALENDAR

Registration Opens October 11, 2022



## BRAIN & MEMORY HEALTH

WED	WED	WED	WED	
NOV	NOV	DEC	DEC	
2	16	7	21	

### Dementia Caregiver Support Group

Wednesdays, Nov. 2, 16; Dec. 7, 21; 3 to 4 p.m.

This support group is led by Sun Health Wellness's Memory Care Navigator Marty Finley, MEd.

Location: Grandview Terrace Health & Rehabilitation

TUE	TUE	
NOV	DEC	
8	13	

### Memory Café

Tuesdays, Nov. 8; Dec. 13; 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 and telephonically. Call (623) 832-6637

WED	WED	WED	WED	
NOV	NOV	DEC	DEC	
9	23	14	28	

### Dementia Caregiver Support Group

Wednesdays, Nov. 9, 23; Dec. 14, 28; 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 and enter PIN number 9571. The line only will be active at the scheduled time.

Location: By telephone as noted above

TUE	TUE	
NOV	DEC	
22	27	

### Memory Café

Tuesdays, Nov. 22; Dec. 27; 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: Salvation Army

THU	
DEC	
1	

### Enjoying Holidays with a Loved One with Dementia

Thursday, Dec. 1; 1:30 to 2:30 p.m.

Learn tips to minimize stress during the holidays and maximize enjoyment when a loved one has dementia or Alzheimer's disease. Join Sun Health Memory Care Navigator Marty Finley, MEd, to get specific suggestions for minimizing problems with your loved one.

Location: Zoom

TUE	
DEC	
6	

### Dementia Friends Champion Training

Tuesday, Dec. 6; 10 to 11:30 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 Banner Sun Health Senior Outreach Program Manager Janice Greeno, MA, CAVS, for this discussion and walk away with the tools to implement your dementia friendly community.

Location: Zoom

Wellness programs are available for the community *because of the community*. To learn more, visit [SunHealthFoundation.org/generosity](https://SunHealthFoundation.org/generosity).

# CLASS CALENDAR

Registration Opens October 11, 2022



## DIABETES



### Diabetes Expo

Friday, Nov. 4; 9 a.m. to noon

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, how Medicare plays into your plans, and latest trends.

*Location: Grandview Terrace/ Ballroom & Zoom*



### Managing Diabetes and Pre-Diabetes

Wednesday, Nov. 9; 10 to 11:30 a.m.

Diabetes affects 1 in 10 people in the United States. More than 48% of adults 65 and older have prediabetes. Research shows food and lifestyle changes can help manage this chronic condition. Join Sun Health Registered Dietitian Julia Deen for information on ways to improve your health and deal with diabetes.

*Location: Zoom*



### Diabetes Connection Group

Monday, Nov. 21; 3:30 to 4:30 p.m.

Whether you are new to diabetes or dealing with a new set of challenges, the Diabetes Connections Support Group helps ease the burden of diabetes. Support can offer a sense of being understood and provides opportunities to share wisdom and practical information. Join us to learn from educators and others like you who are encountering and overcoming similar situations.

*Location: Sun Health Center for Health & Wellbeing and Zoom*



### Diabetes Self-Management Education \$

Wednesdays, starting Nov. 30; 3 to 4 p.m.

How can you manage diabetes to reduce health complications and improve quality of life? Join our registered dietitian and diabetes educator for this five-week accredited course that provides the latest information in diabetes management including healthy eating, healthy coping, being active, taking medication, monitoring, reducing risks and problem-solving. 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 two weeks prior to the start of the series.

*Location: Sun Health Center for Health & Wellbeing*

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://LiveWellLearning.org).

Community contributions through the *Generosity for Generations* Campaign helps make these classes possible at little or no cost.

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

## HEALTH & WELLBEING

TUE	TUE	
NOV	DEC	
8	13	

### Nutrition and Lifestyle for Weight Loss

Tuesdays, Nov. 8; Dec. 13; 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*


FRI	
NOV	
11	

### Laughter is The Best Medicine

Friday, Nov. 11; 9:30 to 10:30 a.m.

Managing stress is crucial for overall wellbeing. This workshop explores the benefits of laughter and ways to make it a part of your day. Having a good laugh is healing and said to be the best medicine. Join Sandi Geer Sun Health's Memory Care Navigator and have a laugh together and remove some tension from your day.

*Location: Zoom*

TUE	
NOV	
15	

### Don't Get Scammed

Tuesday, Nov. 15; 1:30 to 2:30 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 Digital Solution Analyst Alex Stark, MS, to learn more on scams and how to avoid becoming a victim.

*Location: Grace Bible Church and Zoom*

MON	
NOV	
28	

### Understanding BPH/Enlarged prostate and Minimal Invasive Surgical Treatment Option

Monday, Nov. 28; 1:30 to 2:30 p.m.

Benign prostatic hyperplasia (BPH), also known as enlarged prostate, is a non-cancerous condition common in older men. BPH is a benign (non-cancerous) and more than 50% of men aged 50 and older and 90% of men aged 80 and older have BPH. Kamal Nagpal, MD, FACS, PhD, a urologist with Arizona Urology Specialists, will share information about this condition as well as treatment options.

*Location: Faith Presbyterian Church*

# CLASS CALENDAR

Registration Opens October 11, 2022



THU	
DEC	
8	

## Incontinence a Sitting Solution

Thursday, Dec. 8; 10 to 11 a.m.

Skip bathroom trips and sleep through the night with a Medicare and FDA approved treatment. Join Tina French owner of Vjuv, to discuss how men and women can strengthen their pelvic muscles; just sit to get fit.

Location: Office Evolution and Zoom

TUE	
DEC	
20	

## Medicare Education

Tuesday, Dec. 20; 1:30 to 2:30 p.m.

Have you had your plan reviewed for upcoming changes? Don't make simple mistakes that can cost you in the long run. We cover all aspects of Medicare, so if you or a loved one has Medicare questions, needs assistance with what plans are available, enrollment periods, Medicare part D questions, have VA and Medicare questions, leaving group coverage, not sure if you have creditable coverage, this is the class to attend. We are here to assist you every step of the way.

Location: Grace Bible Church and Zoom

WED	
DEC	
21	

## Navigating the Holidays

Wednesday, Dec. 21; 9:30 to 10:30 a.m.

Temptation is everywhere during the holiday season with friends, family and food — lots of food — to tempt you into indulging. Join Sun Health's Registered Dietitian Tiffany Tutt to learn how to navigate through the festivities to maintain your health.

Location: Lord of Life Church and Zoom

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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

Sun Health offers 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 Oct. 11, 2022

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



### Register By Phone

Beginning at 8:30 a.m. Oct. 11, 2022

**(623) 207-1703**

except where noted

## LOCATION KEY

### THE COLONNADE

19116 N. Colonnade Way Surprise, AZ

### DESERT PALMS PRESBYTERIAN CHURCH

13459 W. Stardust Blvd. Sun City West, AZ

### FAITH PRESBYTERIAN CHURCH

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

### FREEDOM PLAZA/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 Drive Sun City, AZ

### LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd. Sun City West, AZ

### OFFICE EVOLUTION

15331 W. Bell Rd Suite 212 Surprise, AZ

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave. Surprise, AZ

Community contributions through the *Generosity for Generations* Campaign helps make these classes possible at little or no cost.

To register, call (623) 207-1703 or visit [SunHealthWellness.org](http://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 \$ (7 Weeks)

**Mondays, starting Nov. 7; 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.

*Location: Sun Health Center for Health & Wellbeing & Zoom*

### Chair Yoga Plus \$ (7 Weeks)

**Mondays, starting Nov. 7; 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.

*Location: Sun Health Center for Health & Wellbeing*

### Tai Chi Essentials \$ (7 Weeks)

**Mondays, starting Nov. 7; 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.

*Location: Sun Health Center for Health & Wellbeing*

### Strength Training \$ (7 weeks)

**Mondays, starting Nov.7; 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

*Location: Sun Health Center for Health & Wellbeing*

### Simply Stretch \$ (8 Weeks)

**Wednesdays, starting Nov. 30; 8 to 9 a.m.**

A gentle blend of stretches targeting the whole body, designed to help with range of motion and alignment. The class will be on a mat — on backs or on bellies.

Participants must be able to safely get up and down from the floor unassisted. Bring a mat or towel.

*Location: Sun Health Center for Health & Wellbeing*

### Chair Yoga Plus \$ (8 Weeks)

**Wednesdays, starting Nov. 30; 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.

*Location: Sun Health Center for Health & Wellbeing*

### Stillness in Motion \$ (8 weeks)

**Wednesdays, starting Nov. 30; 11 a.m. to noon**

50 minutes of continuous gentle movement designed to improve flexibility, leg strength, core strength, lung function, balance and relaxation. Based on Chinese Qigong (Chi Kung) exercises, the movements are chosen to work the upper and lower body as well as the flow of Qi (energy) throughout the body. Wear loose comfortable clothing; shoes are optional. No floor work so you do not need a mat.

*Location: Sun Health Center for Health & Wellbeing*

### The Core to Strength \$ (8 Week)

**Wednesdays, starting Nov. 30; 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.

*Location: Sun Health Center for Health & Wellbeing*

### Strength Training \$ (3 Week)

**Fridays, starting Dec.2; 11a.m. to noon**

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

*Location: Sun Health Center for Health & Wellbeing*



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 SunHealth.org

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# Enjoy *Freedom* Today by Planning for Tomorrow

Join us at one of our complimentary seminars to learn how many of your neighbors have made a plan to successfully age in place!

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

Registration is required.

NOV	NOV
<b>10</b> 1 p.m.	<b>17</b> 1 p.m.

DEC	DEC
<b>6</b> 1 p.m.	<b>15</b> 1 p.m.



SUN HEALTH AT HOME

**(623) 227-4663**

**SunHealthAtHome.org**