



Alex Chilson and Stan Leverett
Photo by: Allen Butler

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Work in Progress:

Resiliency at All Ages

By Rainey Daye Holloway

Mathew Blades
Photo by: Kacey Droz

All of us, at one time or another, need tools to help us pull back the covers and face the day.

That is why Sun Health Wellness is encouraging those of all ages to join us at our no-cost event “Resiliency: The Mind-Body Connection” at 9 a.m. on Saturday, April 9 in Surprise. (See page 7)

“The event is designed to increase an individual’s tools and awareness of resources, so they do not get bogged down by stress or overwhelming feelings of emotions and feel alone,” says Alex Stark, M.S., Sun Health Wellness Specialist. We are providing different approaches

since resiliency does not have a one-size fits all approach.”

The keynote speaker for the event is former Phoenix radio personality Mathew Blades. The popular DJ shocked thousands by walking away from his thriving 27-year, on-air career. He had a successful morning show, adoring fans, the big dream house and healthy family.

And yet, he still found himself spiraling into a dark place while thousands of his listeners were tuned in.

“The ‘aha’ moment for me came in June (2020), as I have already collected a round of shingles. I have already collected two panic attacks, and I’m about to jump

into my third. I’m in the hospital and I am hooked up to everything because I think that I’m having a cardiac event. And when every single test comes back and tells me that I’m fine, I have no choice,” Mathew says.

“So, I was sitting in that bed and going, ‘OK, dude, enough. It’s time to stop,’ because I think, you know how this story ends for so many other people, right? ‘OK, I’ll start popping pills,’ or ‘I’ll do this,’ or ‘I’ll find a way around it’ or ‘I’ll suck it up’. And I had just gotten to a point where I couldn’t suck it up anymore. There was no more room to suck it up.”

Mathew says leading Sun Health’s event fits right into his

“Your body gives you pain so you’ll do something about it. That’s the reason it’s there.”

Mathew Blades

new career work that focuses on mental health wellbeing podcasts.

“There is so much research out right now that is really drawing that straight line between your mind-body connection to pain,” he says. “And I love that people are learning that because it gives you an opportunity to do something different about it. Your body gives you pain so you’ll do something about it. That’s the reason it’s there. It’s not there to just be annoying. “And so, the fact that you guys are all over resiliency right now, and that connection is going to open, legitimately open, the portal for people to have a completely different thought process when they get pain. And that, to me,

that’s a big light bulb.”

Blades stresses that all ages can learn new mental health tricks: “If you’re a little bit older, then all that’s different is your situation, right? It’s not your kids anymore that you’re going to be helping. It’s your grandkids. And so, my ask of people who are a little bit older is you guys really do get to have a hand in helping change these generational cycles that keep happening in families.

“I don’t know that there’s ever an age where it’s a good or bad time to start working on this thing. I just think it’s now. And if you’re 80 or if you’re 18 and there’s something in the way, and you’re aware of it, it’s just time to work on it.”



Mathew Blades
Photo by: Kacey Droz

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SunHealthWellness.org

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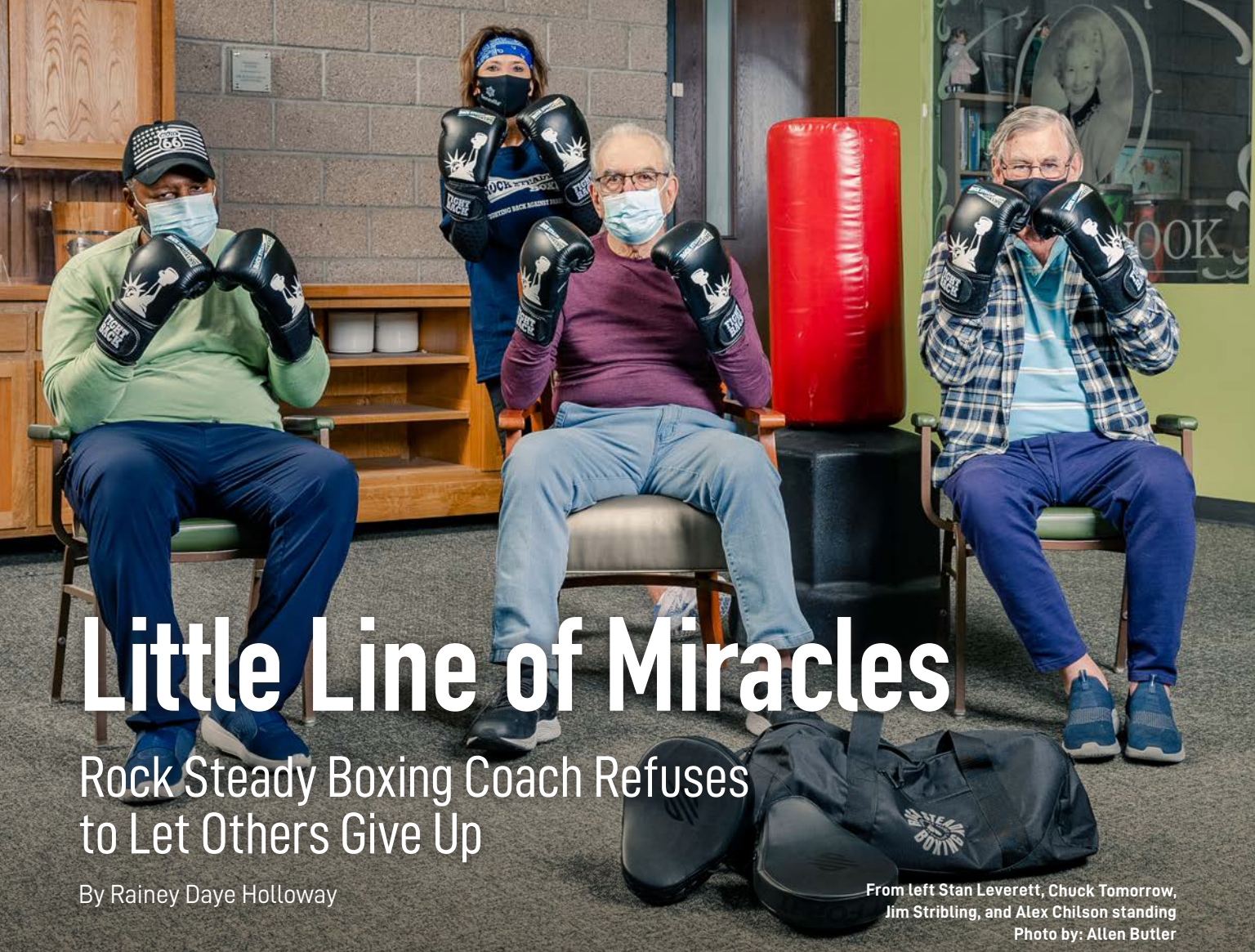
Empowering people to enjoy living longer

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.

Photos: Cover and pages 4, 5
& 6, by Allen Butler. Pages 2
& 3, by Kacey Droz

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Little Line of Miracles

Rock Steady Boxing Coach Refuses to Let Others Give Up

By Rainey Daye Holloway

From left Stan Leverett, Chuck Tomorrow, Jim Stribling, and Alex Chilson standing
Photo by: Allen Butler

Sandy “Alex” Chilson certainly knows about overcoming adversity, which is why the certified trainer for Benevilla’s Rock Steady Boxing (see pages 6-7) refuses to let anyone give up without a fight, especially those diagnosed with Parkinson’s disease.

At 12, Alex was told she had two weeks to live because she had Hodgkin’s Lymphoma, a type of cancer that attacks the body’s immune system.

As one of Arizona’s first Make-a-Wish kids, Alex’s last wish was to go back to her home in upstate New York to play one last time in the snow.

“I distinctly remember laying on my bed, I weighed 67 pounds, and I was just hugging my stuffed animals, thinking, I am never going to get married and not going to grow up,” Alex says.

Life had other plans. Alex’s cancer went into remission, but as she went into high school without hair, she remembers other teens not being so kind. They would rip her wig off her bald head, asking when she was going to die.

On top of the cruelty she endured, Alex ended up going to many funerals of friends who had died from cancer. Those

tough teenage years sent Alex into somewhat of a spiral as a young adult.

“I distinctly remember laying on my bed, I weighed 67 pounds, and I was just hugging my stuffed animals, thinking, I am never going to get married and not going to grow up,”

Alex Chilson

"I had gone to so many funerals as a high schooler, that I was scared in life. After high school, I was drinking, partying and trying to figure out who I was, what my purpose was, and I did that (started partying) because I thought that's what everyone else does," Alex says. "I was a little obsessed with the why I am still here and why not so and so. But it kept pushing me forward."

Today Alex uses that personal drive to help her clients with Parkinson's push forward and use the Rock Steady program to help combat the debilitating symptoms the disease brings such as loss of motor skills linked to walking and talking.

"As a stage four cancer survivor, when I saw the jaw dropping results of this program, I knew it was my

calling to help people with Parkinson's fight back against the disease," Alex says. "It is proven that boxing moves require the type of repetitive motion that improves balance, your core, range of motion and gait. It's called 'forced exercise' and it trains the brain to force your body to move in new ways.

"There have been cases where people who had to use a wheelchair were able to get up and walk. I encourage participants to go ahead and get angry at the disease, let it all out. That's when I start to see movement and punching."

Alex says her goal is to help those attending Rock Steady defy the odds, like she did.

She also likes to use words from former Heavyweight Boxing Champion and Parkinson's advocate

Muhammed Ali to start her classes such as: "He who is not courageous enough to take risks will accomplish nothing in life."

Many would agree Alex certainly has been courageous throughout her life. The girl who was told she wouldn't live beyond the age of 12, told she medically could not have children and wondered if she'd ever have the life she dreamed of, is celebrating her 30th wedding anniversary this month. She also looks forward to celebrating giving birth to her son Dustin 27 years ago.

"I certainly have a little line of miracles going on. My perspective today is that I may not be able to heal anyone who comes to class, but my calling is to make them a little stronger and make their day a little better," she says.



Chuck Tomorrow and Alex Chilson
Photo by: Allen Butler



Alex Chilson and Jim Stribling
Photo by: Allen Butler

A Renewed Fight

Power over Parkinson's Using Non-contact Boxing

By Rainey Daye Holloway

Ginger Stribling of Sun City West remembers her husband Jim, who she has been married to for 42 years, as always being busy and fixing things. Watching him decline over the past seven years following his Lewy body dementia and Parkinson's disease diagnosis has been tough.

Recently, though, Ginger has seen a change.

She says he has a renewed fight in him when it comes to his diagnosis and the debilitating side effects. She credits his renewed optimism to the Rock Steady Boxing program for those with Parkinson's offered at Benevilla in Surprise.

"I think it is certainly slowing progress of the disease. He is now in a wheelchair but must still help me with transferring out of his chair," Ginger says. The boxing keeps him moving and mobile and less

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.

stiff, which is a good thing as I help him. Rock Steady is certainly what is making the difference in that.

"There is a huge mental component," Ginger says. "He enjoys it. He looks forward to doing it. Those with Lewy body dementia and Parkinson's don't always have a lot to look forward to as everyday can be the same. "This boxing program makes those days different."

Benevilla's Rock Steady Boxing certified instructor Sandy "Alex" Chilson (see her resiliency story on pages 4-5), doesn't discourage patients feelings of anger and frustration. Instead, she encourages them to let it all out.

"I say, 'Get mad, get angry.' You can be mad at the disease and start channeling that anger into throwing punches to defeat the side effects of the disease. As I tell all my clients, 'You guys are winners, now, show me how you are winners against this disease'."

The clients of the Rock Steady Boxing program are not the only ones who benefit. Ginger says as a

caregiver she definitely feels the differences as more punches are thrown.

"When he has a good day. I have a good day. He has more good days now that he's involved in boxing. He is much more social; on the drive home, we are now able to talk about our days. We couldn't do that before.

"Those few hours apart, and what it does for both of us mentally, makes us much better now when we are together."

Those interested in learning more about the Rock Steady Boxing program for those with Parkinson's are encouraged to call Benevilla's vice president of Operations Courtney Allen, M.S., at (623) 584-4999 or email Callen@Benevilla.org.

Sun Health Wellness also offers classes online and in-person focused on balance and strengthening one's core to help those diagnosed with Parkinson's and other movement disorders. Visit SunHealthWellness.org/Classes to learn more or call (623) 471-9355.

JOIN US FOR A FREE HYBRID 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 Place
Surprise, AZ 85374

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.



Mathew Blades, award-winning radio host, enthusiastically entertained audiences in the broadcast industry for 27 years. Yet, even with his success, a restlessness gnawed at his core to do something more. Avoidance of his own personal truth then led to a manifestation of an unprocessed emotional trauma. And that experience ultimately led him walking away from his successful radio show to heal by focusing on speaking and his new podcast called ***Learn From People Who Lived It.***

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



Pass (on) the Salt to Keep your Kidneys Healthy

Health Tips for National Kidney Month

By Ken Reinstein



March is Kidney Month, and here are some tips for keeping our kidneys healthy, according to registered dietitian Julia Deen from Sun Health Wellness.

“One of the most important things that we can do to keep our kidneys healthy is to limit sodium,” Julia says. “Most people should have about 2,300 milligrams of sodium per day. However, for people who have kidney disease, their provider may recommend they have 1,500 to 1,800 milligrams of sodium a day. So, when we plan out our meals, we want aim for 600 or less milligrams per sodium per meal.”

Kidney Disease and Medical Nutrition Therapy

Kidney disease has five different stages based on a reading called GFR or glomerular filtration rate. To determine this, your healthcare provider will administer a blood test that estimates how much blood passes each minute through filters called glomeruli in your kidneys. Chronic Kidney Disease (CKD) happens progressively for years, often going undetected.

“Yes, it’s very sneaky,” Julia says. “A lot of times we don’t know it until we go to our healthcare provider, and they mention our lab work. For some

people, it will progress very slowly over many years. Other people, it will progress more rapidly.”

Risk factors include age, family history, and if someone also has diabetes.

“There are a lot of different diseases that can affect the kidneys,” Julia says. “Fortunately, we have many medications that work to protect your kidney health. So, it’s always important to get with your provider and make sure if you do have diabetes, that you’re taking one of those medications.”

Sun Health offers Medical Nutrition Therapy (MNT), which

is a nutrition appointment with a Sun Health registered dietitian. When somebody has CKD, they're eligible through Medicare, Medicare Advantage, and other health insurance plans to see a registered dietitian up to three visits per year at no cost. Additional visits may be available if requested by your primary provider.

"Clients can meet with myself and/or Tiffany Tutt, R.D., to look at what they're eating, and to help them set up a program to keep their kidneys healthy as long as they can," Julia says. "I think there's a lot of fear. Understanding the disease and understanding the stages is important. You can sometimes take steps to slow the progression from one stage to another. So, it's important to

talk about it before you're into a more advanced stage so you can start making some choices and being aware. That can help slow the progression to those later stages of diseases."

The best way to keep track of your kidney health is to have regular visits with your healthcare provider and your annual physicals. This includes making sure your labs are up to date and your provider is following your labs.

"Ask questions," Julia says. "Ask them how your kidneys are doing. That can be a great way to bring that up to your provider."

And in general, Julia focuses on balanced eating for good nutrition.

"Make sure that you're eating your fruits, your vegetables, all those things your mother told

Julia will be leading a class on Friday, March 11 at 10 a.m. on the topic of Kidney Health and Nutrition, viewable on Zoom. Registration is required. For more details and to register, see page 13.

you to eat, as well as keeping up with healthy eating habits, continuing to watch the sweets and other yummys. That's pretty basic."

For more information about MNT and your kidney health, visit SunHealthWellness.org or call (623) 471-9355 to schedule an appointment with a Sun Health registered dietitian.

Tips to Help Limit Sodium In Your Diet

1. Eat home-cooked meals made from fresh ingredients.
2. Choose foods and condiments with 200 milligrams of sodium or less per serving.
3. Use frozen or packaged meals with 600 milligrams of sodium or less per serving if too tired to cook.
4. Check labels to avoid foods that have more than 200 milligrams of sodium per serving, such as canned soups or soup mixes, packaged foods, pickled foods, sauces and seasonings.
5. Limit how much salt you add to foods or avoid it altogether. Salt-free seasonings like herbs, Mrs. Dash, spices, lemon juice and vinegar will add flavor to your food without salt.

Source: The Academy of Nutrition and Dietetics



CLASS CALENDAR

Registration Opens
Feb. 8, 2022



BONE & JOINT HEALTH

Stop Slouching!

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

Age-related slouching often is due to weakness in spinal bones and muscles. It is common in women and men of maturity and, in severe cases, can cause pain and disfigurement. Sun Health Wellness Specialist Alex Stark, MS, will talk about how exercise can help prevent and even reverse it.

Location: Grace Bible Church

BRAIN & MEMORY HEALTH

Communication Tips for People With Dementia

Monday, Mar. 28; 1 to 2 p.m.

It is important to treat people with dementia as adults and to be respectful. Understanding how to connect and communicate with our loved ones is of the utmost importance. Join Sun Health Memory Care Navigator Marty Finley, MEd, to learn techniques and tips on what to do and say.

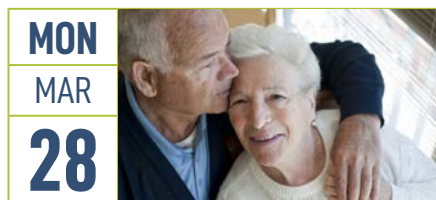
Location: Faith Presbyterian Church



TUE

APR

19



MON

MAR

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 Drive
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 Feb. 8, 2022

SunHealthWellness.org

 **Register By Phone**

Beginning at 8:30 a.m. Feb. 8, 2022

(623) 207-1703

except where noted



Understanding Parkinson Disease

Monday, Apr. 4; 1:30 to 2:30 p.m.

What is Parkinson's disease? Join Debra Witthar, DNP, AGNP-C, from Banner Sun Health Research Institute, to discuss Parkinson disease, its history, pathophysiology, symptoms, how we diagnose Parkinson's disease and treatments.

Location: Zoom



Dementia Friends Info Session

Wednesday, Apr. 6; 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



SPECIAL EVENT: Resiliency: The Mind-Body Connection

Saturday, Apr. 9; 9 a.m. to noon

We all face trauma, adversity and other stressors. Join Mathew Blades, award-winning radio host, speaker and podcast host, along with 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 event.

Location: Vista Center for the Arts/Zoom



Parkinson's Advances in Remote Assessment and Hope For Slowing The Disease

Wednesday, Apr. 13; 2:30 to 3:30 p.m.

Over 1 million people are affected by Parkinson's disease in the U.S. every day. Join Banner Sun Health Research Institute Movement Disorders Specialist Alexander Choi, MD, to Learn more about what the research is showing and promising developments in treatment and slowing of the disease.

Location: Zoom



How Do I Remain a Friend to my Friend with Dementia

Wednesday, Apr. 20; 9:30 to 10:30 a.m.

Maintaining a friendship with someone who has dementia can be challenging, especially for those unfamiliar with the condition. Sun Health Memory Care Navigator Marty Finley, MEd, will share tips on what to do and say to keep the friendship going.

Location: Lord of Life Lutheran Church/ Zoom

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

CLASS CALENDAR (continued)

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

DIABETES



Diabetes Self-Management Education \$

Tuesday, Mar. 1; 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 Julia Deen, for this five-week accredited course that 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 and inquire about insurance coverage. Fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register by February 14, 2022.**

Location: Sun Health Center for Health & Wellbeing



National Diabetes Prevention Program

Monday, Mar. 7; 2 to 3 p.m.

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach. This yearlong lifestyle change program uses CDC research-based curriculum to help you make the necessary nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes. **Please call (623) 471-9355 to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers. Please register by February 23, 2022.**

Location: Sun Health Center for Health & Wellbeing



Annual Diabetes Self-Management Education \$

Tuesday, Apr. 26; 1 to 3 p.m.

This class is designed for anyone having previously completed a Diabetes Self-Management Training program. Join Sun Health's diabetes educators to learn how carbohydrates fit into your diabetes meal plan. This class will focus on a fit-all solution for everyone with diabetes. **Please call (623) 471-9355 to register. Fee covered by most insurance plans. Register by April 11, 2022.**

Location: Sun Health Center for Health & Wellbeing

HEALTH & WELLBEING



Colorectal Cancer Prevention

Tuesday, Mar. 15; 1:30 to 3 p.m.

Talking about bowel habits can be uncomfortable, but it can also save your life. Colon cancer is one of the most common cancers, yet by adhering to screening guidelines and making healthy lifestyle choices, you can reduce your risk. Join Ylli Zhub, MD, to learn more.

Location: Freedom Plaza/ Zoom



Why Is My Head Spinning?

Wednesday, Mar. 16; 9:30 to 11 a.m.

Two in five individuals will experience Vertigo in their lifetime. Join Banner Physical Therapist Laura Goedhart, DPT to learn more about vestibular (inner ear) conditions including Benign paroxysmal positional vertigo (BPPV) that cause vertigo and dizziness, and how physical therapy can treat these conditions.

Location: Lord of Life Lutheran Church



Exercise and Menopause: What You Need To Know

Friday Mar. 25; 9:30 to 11 a.m.

More than 1.3 million women enter menopause each year; it is an important transition in women's lives. Join Sun Health Wellness Intern Regan Benike, EP-C, to learn more about the many benefits of physical activity during and after menopause.

Location: The Colonnade/ Zoom



KIDNEY HEALTH

Kidney Health and Nutrition

Friday, Mar. 11; 10 to 11 a.m.

When your kidneys not working well, extra sodium and fluid can buildup in your body. Learn what steps nutritionally can be taken to improve overall health. Join Sun Health Registered Dietitian Julia Deen for an overview of healthy eating habits for kidney health.

Location: Zoom



NUTRITION

Nutrition and Lifestyle for Weight Loss

Tuesdays, Apr. 12 & 26; 11:30 a.m. to 12:30 p.m.

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

Location: Zoom



Nutrition and Parkinson's disease?

Thursday, Apr. 14; 3 to 4 p.m.

Nutrition and Parkinson's disease: The two go hand-in-hand and knowing more about the connection may help you or a loved one. Discover what the research is telling us about different diets, food and drinks and supplements. Join Sun Health Registered Dietitian Tiffany Tutt to learn how nutrition may help reduce your risk or slow the progression of Parkinson's disease.

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.

CLASS CALENDAR (continued)

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

RESOURCES & SUPPORT GROUPS

TUE	TUE	
MAR	APR	
8+22	12+26	

Memory Café

Tuesdays, Mar. 8, 22; Apr. 12 & 26; 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 sessions 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.

EVERY	
WED	

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 and enter PIN number 9571. The line will only be active at the scheduled time.

Location: Phone

MON	MON	
MAR	APR	
21	18	

Diabetes Connection Support Group

Mondays, Mar. 21; Apr. 18; 3:30 to 4:30 p.m.

Whether you are new to diabetes or dealing with a new set of challenges, the Diabetes Connection Support Group is here to help ease the burden of diabetes. Connecting with other people living with diabetes can be relieving, encouraging and empowering. Support can offer a sense of being understood and provide opportunities to share wisdom and practical information. Join us this month to learn from educators and others just like you who are encountering and overcoming similar situations.

Location: Center for Health & Wellbeing

DRIVING FORE SUPERIOR HEALTH

CHARITY GOLF DAY



APRIL 23, 2022

Golf FORE a purpose!
Support cancer patients in their journey.

Join Sun Health Foundation for this charity golf day, offering both fun for families and exciting team rivalry.

Whether you are a golf enthusiast or a casual player, Topgolf offers the best of both worlds. Everyone will enjoy golfing and the great feeling that comes from supporting superior healthcare for cancer patients through the *Generosity for Generations* Campaign.

Medical professionals, patients, and survivors will be honored in the fight against cancer.



**To RSVP and for Sponsorship
information: SunHealthFoundation.org/Golf**

**Contact Janine McGhee:
Janine.McGhee@SunHealth.org or
(623) 471-8503.**



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.

Strength Training \$ (8 session)

Friday, Mar. 4; 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.

Simply Stretch \$ (8 session)

Wednesday, Apr. 20; 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.

Chair Yoga Plus \$ (8 session)

Wednesday, Apr. 20; 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 \$ (8 session)

Wednesday, Apr. 20; 11 a.m. to noon

Beginning Tai Chi for everyone. Based on the exercises in “The Harvard Medical School Guide to Tai Chi” and brought together is an easy to learn, easy to do five-movement routine. Wear loose, comfortable clothing. Shoes optional. Health benefits of include improved breathing, balance and greater relaxation.

The Core to Strength \$ (8 session)

Wednesday, Apr. 20; 12:30 to 1:30 p.m.

Our core is one of the most important components to our strength, but often is 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.

Mat Yoga \$ (5 session)

Monday, Apr. 25; 8 to 9 a.m.

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

Chair Yoga Plus \$ (5 session)

Monday, Apr. 25; 9:30 to 10:30 a.m.

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

Stillness in Motion \$ (5 session)

Monday, Apr. 25; 11 a.m. to noon

50 minutes of continuous gentle movement for improved flexibility, leg and core strength, lung function, balance and relaxation. Based on Chinese Qigong exercises, the movements work the upper and lower body as well as the flow of Qi throughout the body. Wear loose, comfortable clothing; shoes optional.

Strength Training \$ (5 session)

Monday, Apr. 25; 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 \$ (9 session)

Friday, Apr. 29; 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.

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.

You Deserve a 24/7 Health Concierge



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.

MARCH
3
3 p.m.

MARCH
10
2 p.m.

MARCH
16
10 a.m.

APRIL
5
10 a.m.

APRIL
12
10 a.m.

APRIL
28
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 Special Event
Saturday, April 9, 2022



More details on page 7.