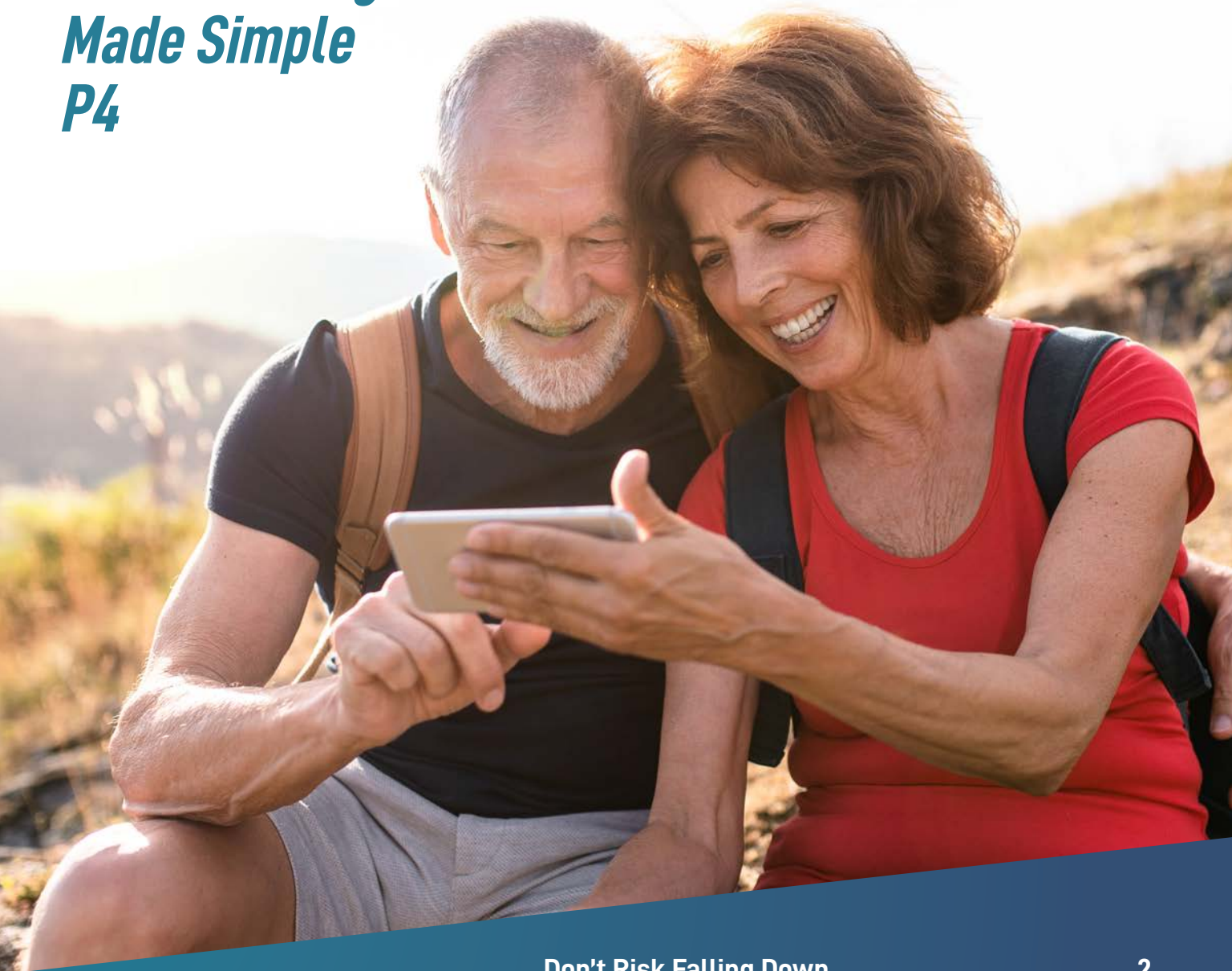




LiveWell

SEPTEMBER 2022

Diabetes Programs Made Simple P4



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Don't Risk Falling Down

How to watch your step



Photo by Allen Butler

Barbara Mason does not want you to be Evil Knievel, nor does she want you to fear falling.

As the Vice President of Home and Community Based Services at Sun Health, she says she wants you to be wise about the fragility and reduced agility that comes with aging.

It's about your physical condition and your awareness of your surroundings.

After all, she says, the fear of falling can just be as tricky for aging bodies as going overboard and taking unnecessary risks. She wants you to develop your strength and balance and gain the muscle tone and flexibility that can prevent falls and prevent hard landings if you do fall.

You're invited to learn more about fall prevention as Sun Health presents its 8th annual Stand Up to Falling Down event on Sept. 22 (see page 3). Here

attendees will see presentations from health experts, get fall prevention resources, as well as undergo complementary fall risk assessments. You can attend in-person or virtually through Zoom.

The VSTBalance will be introduced to attendees. It's an AI (artificial intelligence) device that can predict your chances of falling by using the data comprised from a myriad of scientific studies into gait, balance and function (using some 200 variables).

Then it recommends tailored plans to get you where you need to be whether through exercise, physical therapy, whatever it might take to get you on track to not falling down. Biofeedback games for those assessed help strengthen memory, flexibility, logic, endurance and cognitive function.

The device already is in use at Sun Health Communities'

La Loma Village, administered through Select Rehabilitation.

David Park, Chief Executive Officer at VirtuSense Technologies based in Peoria, Illinois, congratulated Sun Health for embracing technology to supplement its human experts: "Sun Health cares about their residents and is investing in the technology that helps them take action."

He explains that the technology was developed at the urging of company founder Deepak Gaddipati who saw his grandmother die of her injuries within 10 days of a fall — no one realized she was at risk for falling.

"We want to become the standard in predictive care," Park says. "We care about you, we know you want to be independent, and we want to help you sustain your independence."

He points out that his company's AI device's assessments and recommendations improved mobility in 85% of older residents in one study and reduced falls by 75% in a skilled nursing facility. According to the Centers for Disease Control, falls are the main cause of nonfatal and fatal injuries among older adults.

Along with this new

technology, Sun Health experts will be on hand during the Stand Up to Falling Down event to talk with you, watch you, teach you how to be more aware of your surroundings and suggest physical activity to build you up to prevent falls.

Mason says people need to realize that "fear of falling can be as dangerous as falling. Some people end up taking

tiny, shuffling steps that actually creates the danger that makes them fall."

She adds: "No. 1, we want to help you prevent falling. No. 2, if you're prone to falling it's important to know how to fall, and we can help you with that."

The event is made possible, Mason says, "through the generous donations of the Sun Health Foundation."

8TH ANNUAL **STAND UP** *to* **FALLING DOWN**

REGISTER TODAY
(623) 471-9355



Thursday, Sept. 22 | 9 - 11:30 a.m.

The Colonnade
19116 N. Colonnade Way
Surprise, AZ 85374



THANK YOU TO OUR SPONSOR



LiveWell

SEPTEMBER 2022, ISSUE 70
SunHealthWellness.org

SUN HEALTH

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

Information@SunHealth.org
SunHealth.org

SUN HEALTH AT HOME

(623) 227-4663
SunHealthAtHome.org

SUN HEALTH COMMUNITIES

(623) 236-3767
SunHealthCommunities.org

SUN HEALTH WELLNESS

(623) 471-9355
SunHealthWellness.org

SUN HEALTH FOUNDATION

(623) 471-8500
SunHealthFoundation.org



Empowering people to enjoy living longer

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

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

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rox-media.com



Diabetes Programs *Made Simple*

Diabetes Self-Management Education Training & Support

"I really thought I was doomed," says Cathy Hines about finding out she had diabetes. "I felt as though I had done something terribly wrong. It became my secret; one I did not share with my husband or close friends for over a year."

Then the Sun City resident remembered seeing literature about Sun Health's Diabetes Self-Management Education Training & Support (DSME) Program. Cathy started the program in 2020.

"The program is done one step at a time, and first it removed the shame off the table," she says.

"I feel better than I have in 15-20 years," says Cathy, who also deals with MS.

The DSME five-week course helps attendees lower their blood sugar and A1c levels and manage their blood pressure and cholesterol (course details on page 11).

Cathy continues to meet with a support group and nutritionist.

Diabetes Prevention Program

Pat O'Neal lost 80 pounds and normalized her A1c through Sun Health's Diabetes Prevention Program. All online (it's also offered in person).

The Wisconsin resident, who lives in Sun City West about seven months of the year, started the program at the recommendation of her doctor in January 2021. She is continuing her success by attending monthly maintenance sessions.

"I appreciated all the options available. It turned around a lot of things," Pat says.

Teri Elkins, Sun Health Population Health Programs Director says the goal of the program is to help build healthy lifetime habits by offering options and guidance in losing weight, exercising and lowering A1c numbers.

Pat chose the My Plate option "It just clicked with me." She became mindful of her eating habits by taking a photo of her plate half filled with fruits and vegetables and half with proteins and carbohydrates.

The course (see page 12) is the only Medicare diabetes prevention program in Arizona.

**These diabetes programs are covered by most insurance plans. Don't wait to register!
We have just a few courses left in 2022. Call (623) 471-9355**



BROUGHT TO YOU BY



Friday, November 4, 2022 | 9 a.m. to 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

THANK YOU TO OUR SPONSOR



Join Sun Health Foundation
for the 3rd Annual



SUNDAY, SEPT 25, 2022

Surprise Stadium

15930 N. Bullard Ave.
Surprise, AZ 85374

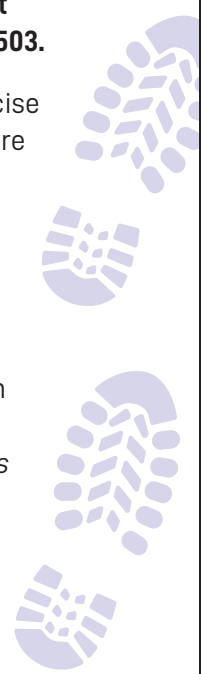


*On your mark, get set,
go register!*

Visit SunHealthFoundation.org/5K or contact
Janine.McGhee@SunHealth.org, (623) 471-8503.

Walking at any pace is a great form of exercise and a good way to defeat Diabetes, so we are also inviting you to join Sun Health Foundation to walk or run for the women we love – our mothers, sisters, friends, partners, daughters, granddaughters, and cousins.

Every step you take improves the health of our community with your support through the *Generosity for Generations* Campaign. Proceeds benefit women's health programs and services at Banner Del E. Webb Medical Center in Sun City West.





Find your 'Challenge' Foods to *Feel Better*

Garlic, onions, cherries, mangos, watermelon, pistachios, honey.

These yummy foods may be just the ones triggering your IBS (irritable bowel syndrome), and Sun Health Registered Dietitian Tiffany Tutt is here to help.

Ten percent to 15% of the population has IBS (a gastrointestinal disease) - more women than men. It's a painful, awkward way to live. Perhaps you are battling bloating, upset stomach, pain and/or urgency when you urinate or you are suffering from constipation, diarrhea or mix of the two.

Tiffany, a Certified FODMAP Dietitian, says 10 years of research backs up the effectiveness of the FODMAP diet she uses to help clients zero in on the problem.

FODMAP is a mouthful – fermentable oligosaccharides, disaccharides, monosaccharides and polyols. These are short-chain carbohydrates (sugars) that the small intestine poorly absorbs. It's a nifty acronym for a dieting map that leads many to a better quality of life.

In consultation, Tiffany discusses symptoms, what is being experienced and determines if the person is a good fit for FODMAP. There's a stricter version,

and a gentler one. Her clients get to decide their treatment route.

This consists of eliminating high trigger foods and monitoring symptoms and challenges with the diet.

The more rigorous approach removes many more trigger foods for 4 to 6 weeks. After symptoms have improved the client will go through a "challenge phase" that can last up to 6 weeks while adding foods such as honey back, a small amount at a time

with a little more each day. "This type of diet? Always important to re-evaluate," Tiffany says. "It's never going to be a one and done."

Before contacting a dietitian or talking to your doctor, here are some substitutions you might find palatable in the meantime: green beans, carrots, lettuce, potato, cantaloupe, pineapple, hard

cheeses, dark chocolate, and walnuts.

"The ultimate goal is to add back as many foods as possible," Tiffany says.

Medical nutrition therapy can help other gastrointestinal diseases as well as diabetes, high cholesterol, weight concerns, and it can enhance immunity (see page 7). To schedule an appointment with Tiffany Tutt, MS, RD, EP-C, contact Sun Health Center for Health & Wellbeing at (623) 471-9355.

Medical nutrition therapy can help other gastrointestinal diseases as well as diabetes, high cholesterol, weight concerns, and it can enhance immunity.



EAT BETTER *Feel Better* with a Nutrition Consultation

Whether you're battling high cholesterol, diabetes, chronic kidney disease, heart disease, obesity or just aiming to eat healthier...a nutrition consultation with a registered dietitian can provide you with the tools to make a positive lifestyle change.

- Diabetes and Diabetes Prevention
- Gastrointestinal Diseases
- General Disease Prevention
- Enhance Immunity
- Heart Health
- High Cholesterol
- General Nutrition
- Weight Loss
- Sports Nutrition



**This may be covered by insurance.
Call (623) 471-9355 to schedule an appointment.**

**Telehealth available.*



Activate Your Brain and Body

with Sun Health Wellness

Whatever your concern — weakness, diabetes, fuzzy thinking, you name it — Sun Health has a solution through its variety of wellness programs.

“We really, really try to think outside the box,” says exercise physiologist and registered dietitian Tiffany Tutt when it comes to what’s offered through Sun Health programs.

As you probably know, walking helps everything. But if that’s a challenge, learn how to use resistance bands, sit in a chair and do yoga, repetitively lift a 1-pound bag of coffee beans.

Tutt favors mixing it up and doing several types of excises in a week to keep you more engaged, which in turns leads to greater success.

“We constantly want to be challenging our bodies to get optimal performance,” she says. Tutt tells of a client who started power lifting at 91 years old and is still at it at 100.

“As long as you are listening to your body, that’s the most important thing,” she says. “You should be doing a 10-minute warmup and a 10-minute cool-down to reduce occurrences of cardiovascular events.”

Physical activity is connected to improved cognitive activity and can reduce risk of dementia or at least prolong it developing, she says. A stronger upper body might help if you take a fall, and it’s no secret exercise helps blood sugar management.

Sun Health offers an assortment of activities to stimulate the mind and body for those in the community.

For example, families are invited to the upcoming Sun Health Foundation 5K for Women’s Health on Sept. 25 (see details page 5) while others might benefit from the class “Being Active at Any Age” on Sept. 27 (see page 12). Check out our series of exercise classes on page 14 in our Calendar.

And if you’re looking for a post-retirement challenge for just a few short hours a week, Sun Health has launched a mature workforce campaign to attract retirees (see page 15). If you’re looking for an easy way to get some exercise for your brain and body, while making some cash, this program may be just what you are looking for! Sun Health is proud to present all these different options as part of our commitment to growing health and wellbeing services in the west Valley.

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



ON-DEMAND HEALTH & WELLNESS CLASSES

LiveWellLearning.org

LiveWell
LEARNING

BROUGHT TO YOU BY



CLASS CALENDAR

Registration Opens August 16, 2022



BRAIN & MEMORY HEALTH



Dementia Friends Champion Training

Wednesday, Sep. 7; 10 to 11 a.m.

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

Location: Zoom

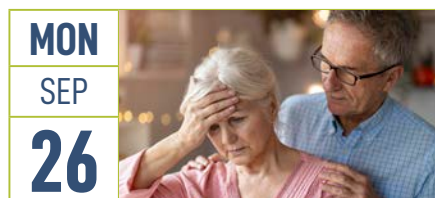


Memory Café

Tuesdays, Sep. 13, 27; Oct. 11, 25; 10 to 11 a.m.

Memory Cafés provide a social and resource environment 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) 932-6637



How to Evaluate When Visiting an Elder

Monday, Sep. 26; 1:30 to 2:30 p.m.

When you 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 who may indicate signs of dementia.

Location: Faith Presbyterian Church & Zoom



Dementia Caregiver Support Group

Wednesday, 3 to 4 p.m.

This telephone support group is led by Sun Health Wellness's Memory Care Navigator, Marty Finley. Call (623) 471-9571 enter PIN number 9571. The line will only be active at the scheduled time.

Location: By telephone as noted above

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 support 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



Dementia Friends Info Session

Wednesday, Oct. 5; 10 to 11 a.m.

Arizona will experience the largest increase in persons 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



Alcohol and Aging Brain

Wednesday, Oct. 19; 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 /Zoom



DIABETES

Diabetes Self-Management Education \$

Thursdays, starting Sep. 1; 1 to 3 p.m., Tuesdays, starting Oct. 4; 9:30 to 11:30 a.m.

People with diabetes are living longer, healthier lives. How can you manage the disease 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, inquire about insurance coverage and needed referrals. Register at least two weeks prior to the start of the series.

Location: Sun Health Center for Health & Wellbeing



Annual Diabetes Self-Management Education \$

Tuesday, Sep. 13; 9:30 to 10:30 a.m., Thursday, Oct. 13; 1 p.m. 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 additional skills to support and manage diabetes and prevent complications. 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.

Location: Sun Health Center for Health & Wellbeing



Diabetes Connection Support Group

Monday, Sep. 19; 3:30 to 4:30 p.m., Monday, Oct. 17; 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 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 provides 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: Sun Health Center for Health & Wellbeing

CLASS CALENDAR (continued)

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



National Diabetes Prevention Program

Thursdays, starting Sep. 29; 9 to 10 a.m.

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

Location: Sun Health Center for Health & Wellbeing

HEALTH & WELLBEING



Destress with Effortless Meditation

Tuesdays, Sep. 6, 13; Oct. 4, 11; 2 to 3 p.m.

Delving deeper into four of the most accessible varieties of meditation. Body scan, focused meditation, mindful meditation and guided "loving kindness" meditation. Each week Lori Motola, Meditation Facilitator will provide further info, and preform actual meditation, then discuss it as a group.

Location: Freedom Plaza & Zoom



Incontinence: a Sitting Solution

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

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

Location: Office Evolution



Stand Up to Falling Down

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

In recognition of National Fall Prevention Awareness Day, Sun Health is hosting a fall prevention awareness event that will feature educational presentations from health professionals.

Location: The Colonnade & Zoom



Being Active At Any Age

Tuesday, Sep. 27; 2 to 3 p.m.

Regular physical activity is one of the most important things you can do for your health. The CDC states that regular physical activity can prevent or delay many health problems and improve quality and longevity of life. Join Alex Stark, MS, from Sun Health to learn more about how to get or stay active and the benefits of different forms of activity.

Location: Freedom Plaza & Zoom

Wellness programs are available for the community *because* of the community.
To learn more, visit SunHealthFoundation.org/generosity.

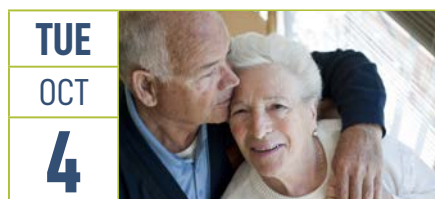


Skin Care and Skin Cancer

Tuesday, Oct. 18; 1:30 to 2:30 p.m.

Learn comprehensive, medically-reviewed information on skin cancer prevention, early detection, risk and treatment from dermatologist Dr. Drew Reese

Location: Grace Bible Church & Zoom



Updated Clinical Research on Alzheimer's

Tuesday, Oct. 4; 2 to 3 p.m.

Parichita Choudhury, MD, will be presenting on an update on Alzheimer's disease research and share some of the latest findings in research and clinical care.

Location: Freedom Plaza & Zoom



Stress free = ME

Tuesday, Oct. 25; 2 to 3 p.m.

Learn about the reasons why stress is linked to a variety of chronic disease processes and how you can live a more stress free life. Join Banner Health's Dr. Geny Augustine, who will be guiding you through this hot topic and ways you can improve your health and wellbeing.

Location: Freedom Plaza & Zoom

NUTRITION



Nutrition and Lifestyle for Weight Loss

Tuesday, Sep. 13; 11:30 a.m. to 12:30 p.m., Tuesday, Oct. 11; 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



Don't let gravity get you down

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

Falling does not need to be a normal part of aging. With or without injury, falls carry a heavy quality of life impact by increasing the fear of falling again, which can impact your activities and social engagement. This can lead to further physical decline, depression, social isolation, and feelings of helplessness. Join Sun Health Registered Dietitian and Exercise Physiologist Tiffany Tutt to learn the steps you can take to stay safe by doing the right exercises, choosing the proper nutrition, making your home safer, getting regular checkups, and more.

Location: Lord of Life & Zoom



Nutrition and Bone Health

Friday, Oct. 28; 9:30 to 10:30 a.m.

Osteoporosis is a condition in which the bones become thinner, weaker and more likely to break. The health and strength of our bones rely on important nutrients. Join Sun Health Registered Dietitian Julia Deen to learn about ways to balance your diet to improve bone health.

Location: The Colonnade & 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.

Strength Training (8 week)

Fridays, starting Sep. 2; 11 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 Week)

Mondays, Sep. 12; 8 to 9 a.m.

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

Chair Yoga Plus (8 Week)

Mondays, Sep. 12; 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.

Stillness In Motion (8 Week)

Mondays, starting Sep. 12; 11 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.

Strength Training (8 week)

Mondays, starting Sep. 12; 12:30 to 1:30 p.m.

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

Chair Yoga Plus (7 Week)

Wednesdays, Oct. 5; 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 (7 Week)

Wednesdays, Oct. 5; 11 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.

The Core to Strength (7 Week)

Wednesdays, Oct. 5; 12:30 to 1:30 p.m.

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

Strength Training (4 Week)

Fridays, starting Oct. 28; 12:30 to 1:30 a.m.

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

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 Aug. 16, 2022

SunHealthWellness.org



Register By Phone

Beginning at 8:30 a.m. Aug. 16, 2022

(623) 207-1703

except where noted

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



14719 W. Grand Ave.
Surprise, AZ 85374
(623) 471-9550
Information@SunHealth.org
SunHealth.org

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Denver, CO
PERMIT NO. 5377

Stay Healthy While Living *At Home*

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

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

Registration is required.

SEPT	SEPT	SEPT	SEPT
6 10 a.m.	15 10 a.m.	20 10 a.m.	27 10 a.m.

OCT	OCT	OCT
7 1 p.m.	14 10 a.m.	27 2 p.m.



SUN HEALTH AT HOME

(623) 227-4663

SunHealthAtHome.org