

LiveWell

JANUARY/FEBRUARY ISSUE





New Year New You!

The new year upon us and Sun Health is excited to share tips on how to optimize your health and wellness this year. Whether your new year's resolution is to start exercising your body and mind, eating differently due to doctor's orders or managing a chronic disease, we are here to help you throughout your journey.

Before you think, "I'm not making a resolution this year," you may want to reconsider. There is scientific proof that looking ahead is important. WebMD's, *The Psychology Behind New Year's Resolutions*, says looking ahead has many benefits because, "You crack open a new calendar and imagine what could be. New Year's gives us a sense of renewal, which causes us to think about

areas in our life we want to improve (or) change, and the start and stop of the clock always feels like a natural time to reset."

LiveWell Magazine took to the streets to get inspired by what your friends and neighbors in the West Valley say they are going to accomplish in 2023! Can you relate to the goals others have set for themselves?

"My goal this year is to make a positive shift to my mindset. I intend to focus on the positive, discard the negative, and check out of conversations that turn into gossip. We could all use boost in our mental wellbeing."

Surprise resident

"I want to improve my strength, and I want to lose weight. I did succeed with exercise last year. I exercised more than I had been."

Sun City West resident

"I'm almost 89 and I'm in pretty good shape. In the new year, I plan to just stay active and keep doing what I'm doing, and that's being involved with a lot of things here (at Sun Health's La Loma Village). I also like helping people, that's my big thing. Helping people with computers and technology."

Litchfield Park resident

"I am going to learn mahjong (a Chinese version of gin rummy that uses more than 100 rectangular tiles that you collect to win). I will also continue to go to Sun Health's daily exercise classes."

Sun City West resident

A full listing of all of Sun Health's classes can be found starting on page 10.

"Lose weight and stay healthy. We both survived severe cases of COVID and are thankful that we got through it and survived. Our resolution is to stay healthy and avoid all those germs floating around."

Litchfield Park residents

As you read what your neighbors have on their minds for the New Year, you may have similar thoughts for your own future. Now the big question. How do you get started? Continue reading to learn about the resources available to you.

LiveWell

JANUARY/FEBRUARY 2023, ISSUE 72
SunHealthWellness.org

SUN HEALTH

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

SUN HEALTH WELLNESS

(623) 471-9355
SunHealthWellness.org

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



Empowering people to enjoy living longer

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

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

CREATED FOR SUN HEALTH BY



rox-media.com

Just Do It



**The ultimate anthem to
getting up and getting
started on your goals.**



Just do it. In theory, it sounds easy enough, but when it comes to achieving our goals, our greatest challenge is overcoming the psychological hurdles that keep us from even getting started. Psychologists say that our tendency to delay getting started is because none of us like to fail, and we fear that others will think less of us if we do.

However, the reality is, most people are so preoccupied with what is going on in their own lives, they are not thinking about whether you succeed. So, the question is, how can you simplify your goals and “just do it”?

Leading Valley licensed professional counselor Mary Ann Zimmerman, MC, LPC, says one of the keys to “just doing it” is to start small.

“One thing that I always find useful when thinking about doing any kind of positive change is rather than just think of it as one big overwhelming goal, think about breaking it down into much smaller increments, so that we can celebrate small successes along the way,” she says.

For example, if someone wanted to lose 40 pounds, Mary Ann advises making a smaller goal to lose two pounds at a time. She says breaking down the goal into little achievable steps allows you to celebrate important milestones along the way that help keep you motivated.

Another key to success is to not let yourself off the hook so easily when it comes time to follow through. Make a schedule and stick to it. Mary Ann says having a schedule takes you out of the mindset of whether you “feel” like doing something versus when it is scheduled; it puts you in a different frame of mind. The psychology behind scheduling also is why Mary Ann is a big supporter of meal planning.

After you break down your goals into smaller steps and commit to a schedule or a meal plan, it is vital that you get some “cheerleaders” in your corner for support. Mary Ann recommends group classes because they can provide an atmosphere of like-minded people who are working together to achieve the same goal.

The last tip for success is when you stumble, be gentle with yourself. Shake it off and get back up. “You must stay in the game,” Mary Ann says. “Think of professional athletes. They might have an interception; or a golfer might shank a shot. High performers get right back in. They keep their eye on the goal rather than on their failure. Have a positive, optimistic attitude about your own ability and what you can accomplish.”

How You Can JUST DO IT!

1. Break Your Goal into Smaller Steps
2. Schedule For Success
3. Surround Yourself with Cheerleaders
4. Focus on the Positives

Sun Health's Center for Health & Wellbeing will provide the support you need to reach your wellness goals. Call us at (623) 471-9355 or visit SunHealthWellness.org



Welcome

TO THE CENTER FOR HEALTH & WELLBEING

Like many of our neighbors, you may not be aware that Sun Health Wellness services and programs are provided at low or no cost, thanks to generous donations from the community to Sun Health Foundation. These programs and services are available to everyone.

Due to our nondescript building, we often hear “I never knew this was a wellness center! I drive by it all the time!”. We invite you to stop by. We’re located on the west side of Grand Avenue on N. Colonnade Way (near the Hampton Inn - 14719 W. Grand Avenue).

According to Julie Houston, a Sun City West resident, “The environment there is very inviting. The surroundings are very pleasant where we attend classes. The Sun Health Building is very convenient to the whole area here. And I see unlimited resources as far as health and wellbeing. I’ve seen a lot of different classes offered through Sun Health, and the staff is very friendly and very professional.”

Barbara Mason, Sun Health Vice-President of Home and Community Based Services, says the team is ready to discuss whatever needs you have and map out a plan.

“We start with a wellbeing consultation to find out what your concerns might be,” Barbara says. “For example, if somebody comes in and says, I’ve had a couple of falls and my doctor thinks I need to get stronger, then we’re going to talk about exercise and balance classes. If your physician says you need to improve your diet or have a condition such as Crohn’s disease, then we want to set you up for success with one of our nutrition experts. The list of what we offer is extensive.”

To learn more about the wonderful services waiting for you at the Center for Health & Wellbeing, please keep reading the next few pages or visit SunHealthWellness.org.

Chronic Disease Relief

Sun Health's Center for Health & Wellbeing understands that as our age increases, so does our chance to develop chronic conditions such as diabetes, arthritis, or heart disease. The good news is that our experts in exercise, nutrition and brain health are here to help.

"The quality of life for people with chronic disease can be impacted and improved dramatically with the right support." says Julia Deen, Registered Dietitian and Diabetes Educator at the Center for Health & Wellbeing.

For example, Sun Health is nationally recognized for patient success with its Diabetes Prevention Programs and Diabetes Self-Management Education classes. Julie Houston, of Sun City West, first visited Sun Health nearly 15 years ago when diagnosed with diabetes. Sun Health's Center for Health and Wellbeing got her back on track and Julie has no doubt that Sun Health's team could help her again if needed.

"I started out good and I probably did good for a few years, but doctor told me my sugar levels were going up. My goal is to stay off insulin, my A1C was getting to the 7.1 level, which is not bad, but it kept going up every year. So, I said to myself, 'I need to get more control of this.' I knew Sun Health has very good and reputable people that teach their classes, and I've been to their seminars, so I've always been quite impressed by what I experienced."

Julie is happy to share that with Sun Health's help she has lowered her A1C from a 7.1 to 6.6 attending Sun Health's Diabetes Self-Management Education. She said the team helped motivate her to make slight changes to her lifestyle, such as not skipping meals and

increasing exercise. It all made a difference and as Julie says, "I got the motivation I needed. So I'm very happy with the results right now."

In addition to diabetes support, Sun Health's Wellness Advocates can help you find relief from a wide range of chronic diseases:

- **Pre-Diabetes**
- **Diabetes**
- **Cancer**
- **Dementia**
- **Respiratory Conditions**
- **Atrial Fibrillation**
- **Heart Failure**
- **Heart Attack**
- **Hypertension**
- **Kidney Disease**
- **Digestive Conditions**





Massage *Services*

Massage has a different meaning for those who love their quiet time while getting their muscles stretched out. Practice Manager, Steve Dorsey explains his reason for not being able to live without time on the table could be very different from the next person, but all are good reasons to consider booking an appointment for a massage at Sun Health's Center for Health & Wellbeing.

"Massage, for a person like me keeps me functioning at my best level," Steve says. "For other people, massage is simply a way to de-stress, detoxify, and to really find that center of being."

Whether your need for relaxing is for a mental timeout or you are recovering from injury or illness, Sun Health's massage therapist can tailor your massage to meet your needs. What is even better is

you cannot beat the price. A 60-minute massage costs \$60 and a 90-minute appointment is \$85. A massage appointment could be a good way to surprise someone to welcome the new year! As Steve says, "There's really no bad reason to have a massage." As with any of the great programs at the Center for Health & Wellbeing, please be sure to always seek your physician's advice before starting any new health and wellness program.

Physical Fitness

If your doctor has advised that a little exercise will do your body good, or if you may not be feeling as young as you used to, your next step should be to call Sun Health's Center for Health & Wellbeing. Whether you are feeling like you can still run a marathon or not sure you can stand up straight, Sun Health's got you covered. It offers classes for all levels of fitness abilities.

"We have plenty of different options. Some people start with chair yoga and the next thing we know, they're strong enough to get on the floor, and they're strong enough to start doing some of light weight training," Barbara Mason, Sun Health Vice-President of Home and Community Based Services says. "We understand that every person is unique. We look at the big picture and determine where people are in their fitness journey, which sets them up for success."

Sun Health offers a variety of fitness classes for all levels that focus on increasing strength, balance, and coordination, which leads to building stronger muscles. For those who may not be comfortable exercising in front of others, Sun Health offers those same classes virtually, so you can get healthier in the comfort of your home.

What is also different about Sun Health's Center for Health & Wellbeing is that no matter what your needs are, the Center will take a holistic approach to making sure you feel your best.



THE CENTER FOR HEALTH & WELLBEING

Sun Health Wellness offers industry-leading, health and wellness programs at little to no cost to the community, thanks to the generosity of Sun Health Foundation and its donors.

HOW WE CAN HELP

- Chronic Disease Management
- Nutrition
- Physical Fitness
- Balance and Mobility
- Weight Management
- Massage & Acupuncture
- 1:1 Wellness Advocate
- Memory Care Support
- In-Person & Virtual Classes (see next page)

CALL TODAY
(623) 471-9355

SunHealthWellness.org

CLASS CALENDAR

Registration Opens January 2, 2023



BRAIN & MEMORY HEALTH

TUESDAYS IN JAN. & FEB.

Memory Café

Tuesdays, Jan. 10 | Feb. 14 | 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: Zoom

Memory Café

Tuesday, Jan. 24 | Feb. 28 | 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

WEDNESDAYS IN JAN. & FEB.

Dementia Caregiver Support Group

Wednesday, Jan. 11, 25

Feb. 8, 22 | 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: Phone

Dementia Caregiver Support Group

Wednesday, Jan. 4, 18

Feb. 1, 15 | 3 to 4 p.m.

This support group is led by Sun Health Wellness's Memory Care Navigator, Marty Finley. These sessions will be held in person..

Location: Grand View Terrace

Dementia Friends Champion Training

Tuesday, Feb. 7 | 10 to 11:30 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

Wellness programs are available because of your donations. To learn more, visit SunHealthFoundation.org/donate

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

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 SunHealthWellness.org

Beginning Jan. 2, 2023



Register By Phone (623) 207-1703 *except where noted*

Beginning at 8:30 a.m. Jan. 2, 2023

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

BRAIN & MEMORY HEALTH (continued)

Dementia Friends Info Session **Tuesday, Jan 10 | 10:00 to 11:00am**

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

Updated Clinical Research on Alzheimer's **Thursday, Jan. 12 | 1:30 to 2:30 p.m.**

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

Location: Zoom

Educational Parkinson's Disease Seminar **Friday, Jan. 20 | 10 to noon.**

Free educational Lunch & Learn Parkinson's disease seminar. Patients, caregivers and loved ones are invited to learn from a medical expert and patient advocate about managing and treating the disease, resources available to help patients, and the importance of research and clinical trials. Enjoy a light lunch followed by a Q & A session.

Location: The Colonnade

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

Driving and Dementia **Monday, Jan. 30 | 1:30 to 2:30 p.m.**

Driving requires the performance of many tasks simultaneously, including steering the car, watching your surroundings, regulating your speed to name a few. Dementia is more than just memory loss and can impact our ability to multitask and how quick we can respond. Join Sun Health's Marty Finley, MEd, to learn what difficulties may signal someone's driving may be affected.

Location: Faith Presbyterian Church & Zoom

Alcohol and aging **Tuesday, Feb. 14 | 2 to 3 p.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: Freedom Plaza & Zoom

Save the Date

Join Us For A Free Community Health Event



The Art of Resilience

Wednesday, May 3, 2023

When life throws you the ultimate punch, getting back up might seem like an impossibility. However, with the right tools and support, you can recover more quickly and become even stronger than ever. Sun Health's Center for Health & Wellbeing is honored to have Jason Schechterle, the ultimate representation of resiliency, as this year's keynote speaker at our annual event. His incredible story of survival is now his calling, sharing a new perspective on life, rebirth, and transformation in an event you'll never forget.

For more information call (623) 471-9355





DIABETES

National Diabetes Prevention Program **Thursday, Jan. 12 | 11:30 a.m. to 12:30 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.

Location: Sun Health Center for Health & Wellbeing

Diabetes Connection Group **Monday, Jan. 16 | Feb. 20 | 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 to learn from educators and others just like you who are encountering and overcoming similar situations.

Location: Sun Health Center for Health & Wellbeing & Zoom

Annual Diabetes Self-Management Education

Thursday, Feb. 16 | 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 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

National Diabetes Prevention Program **Monday, Feb. 27 | 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 a 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

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

SALVATION ARMY

17420 Ave of the Arts, Surprise, AZ



HEALTH & WELLBEING

Movement and Arthritis

Tuesday, Jan. 3 | 1:30 to 2:30 p.m.

Arthritis! What is it? And how can we use movement and exercise to help with arthritic pain and stiffness? Joey Davis, a Physical Therapist at the Banner Del Webb Medical center, will describe what causes arthritis and how to improve pain and movement with exercise. Demonstration and exercise examples will be provided!

Location: Freedom Plaza and Zoom

Eye Health and Nutrition

Tuesday, Jan. 17 | 10 to 11 a.m.

Some nutrients are beneficial for eye health and may help reduce risks for some eye diseases. If you have diabetes, managing blood sugar can be helpful for our eyes. Join Sun Health Registered Dietitian Julia Deen to discuss ways to protect eye health.

Location: Zoom

Preserve & Share Your Wisdom

Thursdays, Jan. 19, 26 | 10 to 11 a.m.

Feb. 2, 9 | 10 to 11 a.m.

This beginner, four-session workshop uses special writing techniques to help you effortlessly create an original poem. Willing participants' work is featured online on our website. Materials will be provided. The \$20 fee can be paid by check when picking up materials at The Center for Health and Wellbeing.

Location: Zoom

Matter of Balance

Friday, Jan. 20 | 2 to 4 p.m.

Are you concerned about falling or have you fallen in the past? This eight-class evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults. Note: *Location: Sun Health Center for Health and Wellbeing*

AARP Smart Driver

Friday, Jan. 27 | 9:30 a.m. to 1:30 p.m.

Tuesday, Feb. 28 | 1:30 to 5:30 p.m.

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads. Pre-registration is required. The fee is \$20 for AARP members and \$25 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.

Location: Jan. 27 - The Colonnade

Feb. 28 - Freedom Plaza

Heal Thyself

Tuesday, Jan 31 | 1:30 to 2:30 p.m.

An overview of a few OTC (Over the Counter) medication categories, maybe some funny stories also! All this from a Community Pharmacist who has been around the block a few times. Stephen Borowy RPh, MBA LitonRx Pharmacy Surprise, Arizona

Location: Freedom Plaza

Heart Healthy Eating

Wednesday, Feb. 15 | 11 a.m. to noon

The heart pushes millions of gallons of blood throughout our bodies. When it comes to your heart, what we eat matters. Discover tips for heart healthy eating and get practical ideas for a heart healthy lifestyle. Join Sun Health Health Coach to learn more about ways to promote the health of your heart.

Location: Zoom

Cancer and Nutrition

Wednesday, Feb. 22 | 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. Since February is cancer prevention month, join Sun Health Health Coach to discuss these recommendations.

Location: Lord of Life Church & Zoom

Skin Care and Skin Cancer

Friday, Feb. 24 | 10 to 11 a.m.

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

Location: The Colonnade & Zoom



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 weeks)

Fridays, Jan. 6 | 11 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

Mat Yoga \$ (8 weeks)

Mondays, Jan. 9 | 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

Chair Yoga Plus \$ (8 weeks)

Monday, Jan. 9 | 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 \$ (8 weeks)

Mondays, Jan. 9 | 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.

Location: Sun Health Center for Health & Wellbeing

Strength Training \$ (8 weeks)

Mondays, Jan. 9 | 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

Chair Yoga \$ (8 weeks)

Wednesdays, Feb. 22 | 8 to 9 a.m.

A gentle blend of Chair Yoga targeting the whole body, designed to help with range of motion and alignment, the class will be on a chair. Participants must be able to safely get up and down from the chair.

Location: Sun Health Center for Health & Wellbeing

Chair Yoga Plus \$ (8 weeks)

Wednesdays, Feb. 22 | 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, Feb. 22 | 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.

Location: Sun Health Center for Health & Wellbeing

The Core to Strength \$ (8 weeks)

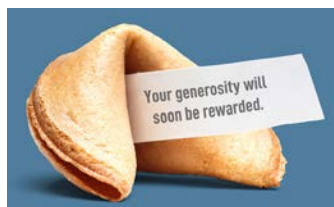
Wednesdays, Feb. 22 | 12:30 to 1:30 p.m.

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

SMART GIVING WORKSHOPS

Free, educational workshops where you will learn more about how to maximize the benefits of charitable giving for you, your family and the charities you care about. Sponsored by the Council of Professional Advisors and Sun Health Foundation.



Taxes and Charities

Tuesday, Jan. 24

10 to 11:30 a.m.

PebbleCreek, Chianti Room,
Tuscany Falls Clubhouse
16222 Clubhouse Drive,
Goodyear, AZ
(refreshments served)

Be a smart cookie and discover IRS-approved tax strategies for charitable giving. Fortunately, we can help you learn often-overlooked secrets now to help with next year's tax filing. Join us to make your future tax returns that much sweeter.

Presenter:

**Daniel Esparza, Esq.,
Lincoln & Wenk, PLLC**



Are Your Plans in Place?

Don't Leave Things to Chance

Wednesday, Feb. 22

10 to 11:30 a.m.

PebbleCreek, Chianti Room,
Tuscany Falls Clubhouse
16222 Clubhouse Drive,
Goodyear, AZ
(refreshments served)

Is your estate plan in place? What are the pitfalls if not? Learn more about the importance of estate planning that reflects your wishes, prepares you and your family for the future, and leaves the legacy you envision. Gain the knowledge and the tools you need for advanced planning, so you can ensure your wishes and your loved ones are protected.

Presenter:

**Michael Barnes, Vice President
Wealth Management, FineMark
National Bank & Trust**



A Goal Without a PLAN

is just a WISH

Tuesday, Mar. 21

10 to 11:30 a.m.

PebbleCreek, Chianti Room,
Tuscany Falls Clubhouse
16222 Clubhouse Drive,
Goodyear, AZ
(refreshments served)

It's critical to ensure your estate plan reflects everything you wish, including your philanthropic intent. Hear from an expert the little-known secrets for IRS-approved structures and strategies and financial/legal options that can reap benefits for you and your family.

Presenter:

**Mary Cavanaugh-Marsh,
Financial Advisor, Edward
Jones**



**MAKE 2023
YOUR BEST
TAX YEAR
EVER!**

Make 2023 Your Best

Tax Year Ever

Thursday, Apr. 13

10 to 11:30 a.m.

PebbleCreek, Chianti Room,
Tuscany Falls Clubhouse
16222 Clubhouse Drive,
Goodyear, AZ
(refreshments served)

Come and learn even more little-known, IRS-approved strategies and structures that provide enormous tax savings and other surprising benefits for you, your family, and charities you care about. Learn how to "temporarily lend an asset" to charities and receive a 60-90% tax deduction.

Presenter:

**Garrett Olexa, Esq., Attorney
at Jennings, Strouss & Salmon
Law Firm.**

RSVP for any or all workshops on this page: Nina.Hadzic@SunHealth.org or (623) 294-3581

Sun Health Wellness programs are provided at low or no cost, thanks to generous donations from the community to Sun Health Foundation. Visit SunHealthFoundation.org/generosity to learn more.



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Be Resolute About Staying in Your Own Home

We specialize in personalized support and coordinated services to help members stay active and healthy in their homes as they age. With a variety of plans available, it's easy to find the Sun Health At Home® membership that meets your individual needs.

To learn more about the benefits of this program, please join us at an upcoming 1-hour complimentary Discovery Seminar. Registration is required.

(623) 294-6726
SunHealthAtHome.com



Join us for a complimentary
1-hour Discovery Seminar:

JAN
12
2 p.m.

JAN
23
3 p.m.

FEB
7
11 a.m.

FEB
23
1:30 p.m.



SUN HEALTH AT HOME

Sun Health Center for Health & Wellbeing
14719 W. Grand Ave., Surprise, AZ 85374