

LiveWell

MARCH / APRIL / MAY ISSUE



Resiliency
at any age



Sun Health®

The Art of Resilience

Life doesn't necessarily get easier or more forgiving, but we can work toward becoming stronger and more resilient at any age. This is especially true for older adults.

Even though you may struggle with changes in health, grief and loss or other challenges, you can find ways to get through or overcome it all and be the better for it. Research suggests that resilient older adults report a better quality of life, greater happiness, better mental health and wellbeing, less depression, increased longevity and reduced mortality risk.

Resiliency should not only be thought of as the ability to recover from adversities in life but also the courage and resourcefulness to live with vulnerability rather than avoiding it. It's about how people thrive in the midst of difficulties, and move past them.

WAYS TO BOOST YOUR RESILIENCE

Take the long view – This philosophy can be summed up as “this too shall pass.” Remembering that what is happening is just a moment in time can help put your current situation into perspective.

Go with the flow – Flow activities engage your attention and leave you with a sense of accomplishment. Examples include yoga, Tai Chi, music, painting, crafting, or cooking. Sun Health Wellness offers Tai Chi and other classes at little or no cost. *See page 10.*

Document kindness – The more kindness you look for, the more you'll find it. Start a kindness journal to document acts of kindness to and from other people.

Positive events journaling – At bedtime, write down three positive things (big or little) that happened to you during the day. This simple strategy has been shown to improve mood and sleep.

Join Sun Health and special guest Jason Schechterle at The Art of Resilience event on May 3. *See Page 11 for more details.*



Former Phoenix Police Officer Jason Schechterle

“Life really is 10%
what happens
to you, and it’s 90%
how you react to it.”

–Jason Schechterle

Former Phoenix Police Officer Jason Schechterle knows firsthand the importance of resiliency. Fourteen months into what he hoped was a lifelong law enforcement career, Jason suffered serious burns over 40% of his body after a taxi traveling over 100 mph rear ended his patrol car, trapping him inside.

His ascent from one of the worst experiences imaginable to describing himself as the luckiest person alive is a testament to resiliency. He’s using that experience to encourage others. “Life really is 10% what happens to you, and it’s 90% how you react to it,” said Jason during an interview with Ch. 12 News. “And a little bit of perspective goes a long way for all of us.”

LiveWell

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SunHealthWellness.org

SUN HEALTH

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SUN HEALTH AT HOME

(623) 227-4663
SunHealthAtHome.org

SUN HEALTH COMMUNITIES

(623) 236-3767
SunHealthCommunities.org

SUN HEALTH FOUNDATION

(623) 471-8500
SunHealthFoundation.org



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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Nurture Your Mind

Life can be unpredictable, and that doesn't change as we grow older. As we age, our life paths often become bumpier due to changes in relationships, grief, illness, loss of independence or financial stressors.

Difficult experiences, as well as the daily stressors of life, contribute to losing resiliency. The culmination of life's experiences may cause you to be more sensitive, highly reactive, or emotionally unsteady. Developing healthy coping mechanisms can improve your mental resilience, help you maintain balance during stressful times, and help you master negative feelings.

Resilient people tend to maintain a more positive outlook and cope with stress more effectively. They can navigate the ups and downs of life by finding ways to adapt and cope with challenges that help them to emerge stronger.

Whether you're experiencing tough times now or want to be prepared for future challenges, you can build your resilience through the following strategies.



Ways to Improve Resiliency

Develop a sense of purpose – This can help you find meaning in life's challenges. Instead of being discouraged by your problems, with a defined purpose you'll be motivated to learn from past experiences and keep going. This might mean building a strong support system, becoming more involved with your community, or participating in activities that are meaningful for you.

Volunteer – Volunteering places the focus on helping others, gives you a new perspective and can build new friendships. Many organizations like Sun Health Foundation have volunteer opportunities available to you. Call (623) 471-8508.

Stay connected – Actively keep in touch with family and friends and work on developing a new network of caring, supportive people. Building a connection with others creates an outlet for you during times of difficulty. Consider taking up a new hobby or joining social clubs, alumni organizations, or church groups.

Express gratitude – Find gratitude or blessings in the face of challenges. Identify things you are grateful for every day and write them down. Listing items provides a gentle reminder of and appreciation for the good things in life. This also retrains the brain to refocus on the positive instead of the negative.

Aim to improve your resiliency every day. The more you practice, the better you'll become at coping and handling life's inevitable challenges.

Sun Health Wellness has partnered with Mindability to bring you mindfulness resources online at no cost. Start becoming more resilient today. Visit SunHealthWellness.org/onlinetools.



Nourish Your Body

Physical health is essential to support resilience and cope with the stress and hardships of daily life. Improving or maintaining overall health as we age can help prevent, delay, and manage chronic diseases, improve balance and stamina, reduce risk of falls, and improve brain health.

Remaining in good health involves staying active, making healthy food choices, getting enough sleep, and proactively managing medical appointments. Small changes in each of these areas can go a long way to support healthy aging and improve resilience.

6 Steps to Improve Physical Health

- **Stay active** – Move more and sit less. Engaging in regular exercise has positive physiological and psychological benefits, protects against the potential consequences of stressful events, and prevents many chronic diseases. Research has found that exercise can help people problem-solve, think clearly, sleep better, and boost their energy and spirits. Aim for moderate physical activity like walking for at least 30 minutes a day, five days a week and muscle strength training at least two days a week.
- **Reduce stress** – Older adults are at particular risk for stress and stress-related problems. Stress and anxiety can rewire the brain in ways that impact memory, decision-making and mood. Manage stress with meditation techniques, physical activity, and participating in activities you enjoy.
- **Eat healthy** – Eating a healthy diet can make a significant difference in staying physically fit. The MIND diet is a healthy hybrid of the Mediterranean and DASH (Dietary Approach to Stop Hypertension) diets that focuses on eating leafy green vegetables, berries, nuts, olive oil, whole grains, fish, and poultry. Foods to avoid include butter and margarine, cheese, red meat, fried foods, and sweets.
- **Get enough sleep** – Getting a good night's sleep is essential to allowing your body to repair, restore, and reset. Too little sleep can cause problems with memory, concentration, and other cognitive functions. Most experts recommend older adults try to aim for eight hours of sleep per night. Follow good sleep hygiene habits like going to sleep and waking up at the same time each day, avoiding caffeine, and developing pre-sleep rituals that can include taking a bath or reading a book.
- **Maintain regular medical appointments** – Regular health screenings are essential for healthy aging. Consistent checkups can catch chronic diseases early and help reduce risk factors for disease like high blood pressure and cholesterol levels. People who see a doctor regularly also have improved quality of life and feelings of wellness. Gain the most from your doctor appointments by developing a list of questions to ask during your visit, fully share your thoughts and concerns and schedule your follow-up appointments.
- **Eliminate unhealthy habits** – Smoking and excessive drinking have been shown to be especially harmful. Eliminating or limiting these unhealthy habits can make significant improvements to your overall health.

THE CENTER FOR HEALTH & WELLBEING

Sun Health Wellness offers a variety of fitness classes and programs to support healthy lifestyles at little or no cost. You can view all of our available services and upcoming classes, starting on page 12.



Feed Your Soul



Wellness of the mind, body, and soul serve as the foundation of resilience. Nurturing your soul is an especially important aspect of developing your resilience superpower.

Your soul is the identity of what makes you who you truly are; your feelings, your convictions, and desires. It is the spiritual part of us that seeks deeper connections with God, angels, energy, spirit, the world, or nature.

Feeding your soul is as important as feeding your body and involves strengthening your sense of self, identifying your purpose and direction, and recognizing what brings joy and meaning to your life.

Nurturing your soul takes practice. Luckily, mature adults typically have the time and flexibility to discover new purposes and interests and explore new ways to contribute to the lives of others and to causes important to them. The following tips can help.



8 Ways to Feed Your Soul

- 1 Focus on self care** – Set aside time each day to do whatever you want to do. Perhaps record how you're feeling in a journal, take a bath, enjoy a walk, or call a trusted friend.
- 2 Strengthen your self worth** – Keep a record of your achievements to reinforce the things you are most proud of or where you made a difference. Become a life-long learner to help you adapt to an ever-changing world.
- 3 Practice mindful meditation** – Guided meditation like yoga or yoga nidra can help teach you to control your mind, rather than having it control you. You can also seek out structured meditation apps like “Calm” or “Headspace.” Regular meditation can improve focus, attention, and memory. It can reduce depression and stress, increase concentration, and boost immune health.
- 4 Try Tai Chi** – Tai Chi practices breathing exercises with slow, fluid, and deliberate movements to improve your body's circulation, balance, and alignment. It has multiple health benefits including chronic pain management, mood elevation, improved balance, and better sleep. Sun Health Wellness offers Tai Chi classes.
- 5 Indulge your passions** – Develop a new hobby or interest. Make time for art, music, hiking, or baking. Engage in activities that have significance for you.
- 6 Engage in and invest in your community** – Greet and chat with your neighbors, talk to vendors at your local stores, or participate in neighborhood events.
- 7 Foster a sense of belonging** – Work on accepting others. Look for ways you are similar rather than focusing on differences. Be open to the idea that there is value in everyone's thinking. Say Yes to opportunities to be with others.
- 8 Make time for friends, family and social events** – Promoting these relationships will have long-lasting positive impacts on your health and wellbeing.

Each day provides opportunities to nurture your soul and boost your resilience. The trick is to build slowly through routines, habits and rituals that will help you enjoy your life.

For more information on exercise and wellness classes, see our class calendar on page 10.



BRAIN & MEMORY HEALTH

Dementia Caregiver Support Group

**Wednesday, Mar. 1, 15 | Apr. 5, 19
May 3, 17 | 3 to 4 p.m.**

This in-person support group is led by Sun Health Wellness's Memory Care Navigator, Marty Finley. Registration is not required.

Location: Grandview Terrace Health & Rehab

Dementia Caregiver Support Group

**Wednesday, Mar. 8, 22 | Apr. 12, 26
May 10, 24 | 3 to 4 p.m.**

This telephone support group is led by Sun Health's Memory Care Navigator, Marty Finley. The phone line will only be active at the scheduled time, which you can join by calling (623) 471-9571 and entering PIN number 9571. Registration is not required.

Location: Phone

Memory Café (Virtual)

**Tuesday, Mar. 14 | Apr. 11 | May 9
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. Call (623) 832-6637 for details.

Location: Zoom

Normal Aging vs Dementia

Tuesday, Mar. 21 | 1:30 to 2:30 p.m.

We all notice changes in our memory as we age. Join Sun Health's Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

Location: Grace Bible Church

Memory Café

**Tuesday, Mar. 28 | Apr. 25 | May 23
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

Circadian Rhythm Therapy in Parkinson's:

Thursday, Apr. 6 | noon to 1 p.m.
Evidence strongly supports innate immunity, metabolic function and microbiome as systems involved in Parkinson's. Sustaining diet, exercise and motor retraining is an important piece. Join Dr. Alexander Choi, MD to learn best evidence for common symptoms including insomnia, fatigue, depression and gut dysmotility, and tips for healthy living.

Location: Zoom

Dementia Friends Info Session

Thursday, Apr. 20 | 9 to 10 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 Banner Sun Health Research institute Janice Greeno for this discussion and walk away with the tools to implement YOUR dementia friendly community.

Location: Zoom

The Good, The Bad, The Ugly: Dealing With Caregiver Feelings

Monday, Apr. 24 | 1 to 2 p.m.

Caregivers who care for loved ones with dementia may experience many feelings such as fear, anger, denial and guilt. Join Sun Health Memory Care Navigator Marty Finley, MEd, as she shares why caregivers must take care of themselves and ideas on how to make that happen.

Location: Faith Presbyterian Church

Registrations begins:
Feb. 14, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*

BRAIN & MEMORY HEALTH (continued)

Dementia Friends Champion Training
Wednesday, May 24 | 10:30 a.m. to noon
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

Matter of Balance (8 Weeks)
Fridays, Mar. 31 | 1 to 3 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.
Location: Sun Health Center for Health and Wellbeing

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Visit SunHealthWellness.org/Livewell-magazine

Join Us For A Free Community Health Event



The Art of Resilience

Wednesday, May 3, 2023 | 9 a.m.

Grandview Terrace | Sun City West, AZ



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.

Please register online or by phone:
SunHealthWellness.org/resiliency | (623) 471-9355





DIABETES

Classes are held at Sun Health's Center for Health & Wellbeing at 14719 W. Grand Ave., Surprise, unless otherwise noted. Please call us to inquire about insurance coverage for classes.

National Diabetes Prevention Program **\$**

Sun Health's National Diabetes Prevention Program is led by a certified lifestyle coach and nutritionist. This yearlong lifestyle change program uses 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. The fee for this series is covered by Medicare and most insurance providers.

Diabetes Self-Management Education **\$**

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 and certified diabetes educator for this five-week accredited course which provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, problem solving and healthy coping. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.

Diabetes Connection Group

**Mondays, Mar. 20 | Apr. 17 | May 15
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. Connecting with other people living with diabetes can be relieving, encouraging, and empowering. Join us to learn from educators and others just like you who are encountering and overcoming similar situations.

Annual Diabetes Self-Management Education **\$**

Thursday, Apr. 6 | 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. Fee covered by most insurance plans.

Location & Class 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

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Drive, Sun City West, AZ

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West, AZ

OFFICE EVOLUTION

15331 W. Bell Road, 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

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

Registrations begins:
Feb. 14, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



HEALTH & WELLBEING

Mindfulness and Meditation

Monday, Mar. 13 | 9 to 10 a.m.

Mindfulness meditation asks us to suspend judgment and unleash our natural curiosity about the workings of the mind. Join Barbara Mason, CADC, as she shares basic practices and guides you through meditation techniques for relaxation and peace.

Location: Zoom

Urinary Incontinence: Take Back Control

Wednesday, Apr. 12 | 5 to 6:30 p.m.

Do you leak urine when coughing or sneezing? Join Kamal Nagpal, MD, FACS, PhD, a urologist with Arizona Urology Specialists to learn about pelvic floor changes, why they matter, and how early detection and treatment of pelvic floor disorders can improve one's independence.

Location: Grandview Terrace/ Ballroom

A Guide to Meditation for Anxiety

Monday, Apr. 17 | 1 to 2 p.m.

Explore how mindfulness and meditation can help reduce stress and calm a panic attack in difficult situations. Join Barbara Mason, CADC, as she shares simple practices and techniques you can use in your daily life and in overwhelming situations.

Location: Zoom

Self Esteem Give Yourself a Boost

Monday, May 8 | 9 to 10 a.m.

Self-esteem is always important. Yet, as we age, we can lose confidence and self-esteem when facing health and loss. Join Barbara Mason, CADC, to learn how to maintain dignity and increase vitality, which can lead to an attitude of positivity, usefulness and involvement during life changes.

Location: Zoom

DRIVING FORE SUPERIOR HEALTH

CHARITY GOLF DAY



APR. 15, 2023

10:30 a.m. - 1 p.m.

Topgolf Glendale 6101 N. 99th Ave.

Golf FORE a purpose!

Whether you are a golf enthusiast, family, or casual player, you can support cancer patients in their journey just by participating in this great day of fun!

To RSVP contact (623) 471-8507 or Claudia.Vazquez@SunHealth.org





NUTRITION

Learn How to Use Your Step Tracker **Thursday, Mar. 23 | 2 to 3 p.m.**

According to the current guidelines, adults need, on average, 7,500-10,000 steps a day. Using a tracking device can help monitor your steps throughout the day and keep track of activities. Join Sun Health Lifestyle Coach Sarah Fagus for instructions on how to make the best use of your tracking device.

Location: Zoom

Understanding My Fitness Pal **Tuesday, Apr. 4 | 1 to 2 p.m.**

Food and activity tracking can be helpful no matter where you are in your weight loss or healthy eating journey. Research has shown that people that keep daily food records lose twice as much weight as those that do not track. Food tracking can also help reduce sodium and added sugars. Join the Sun Health Center for Health & Wellbeing staff and bring a computer or tablet for our hands-on demo!

Location: Sun Health Center for Health & Wellbeing

Deciphering Food Labels **Thursday, Apr. 13 | 10 to 11 a.m.**

Food labels have been updated and have more information than ever. Do you have difficulty finding food that fits guidelines for less salt, sugar, and fat? Join Sun Health Registered Dietitian Julia Deen to learn how to read food nutrition labels and not be deceived by health claims, empowering you to make healthy decisions.

Location: Zoom

Stress and Gut Health: How to Keep Your Butterflies at Bay **Wednesday, Apr. 26 | 10 to 11 a.m.**

Those butterflies in your stomach may be doing a lot more than just telling you that you are stressed. Too much stress can cause various digestive issues or even worsen your existing problems. Join Sun Health Registered Dietitian Tiffany Tutt, EP-C, to learn how stress may be causing your stomach issues and what you can do to change it.

Location: Zoom

Saving Time and Money on Grocery Store Apps

Wednesday, May 10 | 1 to 2 p.m.

Join Lifestyle Coach/Nutritionist Sarah Fagus to learn how to use grocery store apps to your advantage. Save time and money on your next grocery store purchase by ordering for pickup or delivery and by adding coupons to your order. Bring a phone, tablet, or computer if you would like to practice.

Location: Grandview Terrace/ Ballroom

Classes are provided at low or no cost, thanks to generosity of the community through Sun Health Foundation.



SAVE THE DATE!

5K *For* **Women's HEALTH**

SEPT. 24, 2023

 Sun Health™
FOUNDATION

Registrations begins:
Feb. 14, 2023 at 8:30 a.m.



Register Online
SunHealthWellness.org



Register by Phone
(623) 471-9355 *except where noted*



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, Mar. 3 | 11 a.m. to noon

Mondays, Mar. 6 | 12:30 to 1:30 p.m.

Fridays, Apr. 28 | 11 a.m. to noon

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

Mat Yoga \$ (8 Week)

Mondays, Mar. 6 | 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.

Chair Yoga Plus \$ (8 Week)

Mondays, Mar. 6 | 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 Week)

Mondays, Mar. 6 | 11 a.m. to noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

Chair Yoga Plus \$ (7 Week)

Wednesdays, Apr. 19 | 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. Participants must be able to safely get up and down from the floor unassisted.

Yin Yoga \$ (7 Week)

Wednesdays, Apr. 19 | 8 to 9 a.m.

This class focuses on stretching deep into myofascia or connective tissues. Holding the poses anywhere from 2-5 min. Participants will be on their mats in seated, supine (on backs) and on your bellies. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat.

Tai Chi Essentials \$ (7 Week)

Wednesdays, Apr. 19 | 11 a.m. to noon

Mondays, May 1 | 11 a.m. to noon

All of the health benefits of Tai Chi Chuan in five easy-to-learn, easy-to-do movements. Developed at Harvard, this class has been adapted for seniors and works on balance, breathing and relaxation, with the goal of maintaining a healthy body.

The Core to Strength \$ (7 Week)

Wednesdays, Apr. 19 | 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.

Mat Yoga \$ (7 Week)

Mondays, May 1 | 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.

Chair Yoga Plus \$ (7 Week)

Mondays, May 1 | 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.

Strength Training \$ (7 week)

Mondays, May 1 | 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.



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How to Successfully Age *At 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:

MAR 07 10 a.m.	MAR 17 2 p.m.	MAR 24 1:30 p.m.	MAR 28 11 a.m.
APR 04 10 a.m.	APR 13 2 p.m.	APR 21 3 p.m.	APR 25 1 p.m.



SUN HEALTH AT HOME

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