

# *LiveWell*

MARCH/APRIL ISSUE



Nourishment  
for Life



Sun Health®

# A Lifestyle WITH YOU IN MIND



Sun Health Communities offers a vibrant and carefree lifestyle. Our three Life Plan Community locations—Grandview Terrace, La Loma Village, and The Colonnade—feature world-class amenities, community clubs and social activities, so you can spend your day doing as much, or as little, as you wish. For those who want to continue enjoying life in their current home, we also offer an exceptional Sun Health At Home® program. Both living options give you the privacy of your own residence and encourages you to live the spectacular life you want.

## Grandview Terrace

Sun City West, AZ

## La Loma Village

Litchfield Park, AZ

## The Colonnade

Surprise, AZ

## Sun Health At Home

*Your Home*



To learn more about Sun Health, scan the QR code to visit [SunHealthCommunities.org](https://SunHealthCommunities.org) or call (623) 471-7451

# A NOTE FROM *Kim*



Kim Thompson  
Chief Experience Officer

*"To keep the body in good health is a duty; otherwise, we shall not be able to keep our mind strong and clear." —Buddha*

I am both honored and excited to share our latest issue with you. Each month, we delve into the many aspects of health and wellness, and this edition is no exception. Our focus remains steadfast on guiding you through the ever-evolving landscape of health and well-being.

In this issue, we examine topics that resonate with our core belief: Proactive health management is the cornerstone of a vibrant life.

For National Nutrition Month, we focus on the importance of eating healthy and understanding the vital role our kidneys play in our overall health. At Sun Health, we practice what we preach — from our nationally recognized Diabetes Self-Management Education program to our deep dive into kidney health and exploring the merits of a Mediterranean diet.

Through expert interviews, personal stories, and evidence-based research, we explore practices that nourish each dimension of your wellbeing.

Preventive healthcare is a concept that transcends mere

disease prevention. It's about nurturing a lifestyle that fosters health, happiness, and longevity. Embracing a kidney-friendly diet is a proactive step not just for those at risk but for anyone seeking a healthier, more balanced lifestyle.

The cornerstone of preventing kidney disease and diabetes lies in a healthy diet and staying active, two simple yet powerful tools in our daily lives.

We encourage you to take advantage of the many resources we offer for learning, growing, and exploring. Please be sure to register for upcoming classes listed on pages 10-15 and to save the date for our upcoming golf fundraiser at Top Golf Glendale in April.

Together, let's commit to these healthful changes. I am honored to be your partner on this journey toward a healthier, more empowered, and fulfilling life.

*Kim Thompson*

Kim Thompson  
Chief Experience Officer  
Sun Health

## LiveWell

MARCH/APRIL 2024, ISSUE 77

### 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

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Chief Experience Officer

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Vice President of  
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### REENA SPLANE

Community Education Coordinator

Sun Health Foundation is a 501(c)(3) Arizona nonprofit organization supporting the health and wellbeing of the West Valley. All donations to Sun Health Foundation are tax deductible. Learn more at: [SunHealthFoundation.org](http://SunHealthFoundation.org)

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# Know Your Risk OF SILENT KIDNEY DISEASE

by Renee Moe

**K**idney disease could be considered a silent epidemic. “Ninety percent of people who have kidney disease don’t know it,” says Renee Hynds, director of Patient Programs with the National Kidney Foundation of Arizona. “Kidney disease kills more people than breast and prostate cancer.”

Kidney disease is the gradual loss of kidney function over time. Those functions include removing waste from the body, balancing the body’s fluids, releasing hormones that regulate blood pressure, and stimulating red blood cell production.

The National Kidney Foundation estimates that one in three people are at risk for kidney disease, and risk increases with age. People at high risk include those with diabetes, high blood pressure, heart disease, obesity, a family history of the disease, and over age 60.

“By the time someone develops symptoms, it’s likely they could have advanced chronic kidney disease,” says Renee. “That’s because symptoms

like chronic fatigue, puffiness around the eyes and swelling around the hands and feet can mimic other conditions.”

Renee says there are two lab tests to consider if you have multiple risk factors. One is the eGFR blood test that shows how well your kidneys filter your blood, and the uACR urine test that shows if your kidneys are leaking protein.

Prevention is your best option. “There are steps you can take to protect your kidneys and lower your risk of kidney disease,” says Renee. “These include eating a healthy diet with fresh fruits and vegetables, getting regular exercise, controlling high blood pressure, and managing diabetes. You should also discuss usage of over-the-counter pain medications with your doctor, as they can damage kidneys over time.”

Sun Health has resources that can help, including nutrition counseling with registered dietitians. Learn more by calling the Sun Health Center for Health and Wellbeing at (623) 471-9355.

Sun Health has resources that can help. Register for the class *Your Kidneys & You* on page 13.









# Improve your Health with the *Mediterranean* Way of Eating

by Renee Moe

**F**or several years, the Mediterranean diet has been named the best overall eating plan, according to U.S. News & World Report. That's not surprising to Julia Deen, Sun Health's Senior Registered Dietitian and Community Outreach Manager.

"The Mediterranean diet is easy to follow and offers so many health benefits," she says. "It can reduce your risk for heart disease, lower blood sugar levels, reduce your risk of some cancers and prevent cognitive decline."

Rather than a diet, it's a healthier way of eating followed by Mediterranean countries.

"It emphasizes nutrient-rich foods like veggies, fruit, whole grains, beans, fish, poultry and dairy," Julia says. "It also encourages using olive oil, nuts,

seeds and olives." Fresh, frozen and canned sources of these foods are acceptable.

The focus on nutrient-dense foods makes it easy to follow. Its simplicity and flexibility make the diet especially appealing for older adults.

There is no need to count calories or for strict carb reductions, and it's easy to follow when you think about how you should fill your plate:

One-quarter with whole grains (brown rice, barley, oats, quinoa) and starchy vegetables.

One-quarter with poultry, fish and legumes.

Half with nonstarchy vegetables (green, leafy veggies, tomatoes, peppers, carrots).

Consume veggies at lunch and dinner every day, choosing a variety of colors and types. Eat olives, unsalted nuts and seeds every day. Eat legumes (beans, peas and lentils) at least twice a week. Substitute fruit for sugary snacks. Cook your food with olive oil instead of butter, and use herbs and spices instead of salt.

"While the Mediterranean diet isn't promoted for weight loss, eating so many fruits, veggies and lean protein can help some people lose weight," Julia says.

To learn more, schedule an appointment with a Sun Health dietitian or nutritionist by calling (623) 471-9355.

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# LEARNING THE *Healthy Way*

by Nathan Kramer

**A**fter being diagnosed with diabetes a year and a half ago, David R. knew something needed to change. He was not expecting his diagnosis because his family does not have a history of diabetes.

He has learned the disease can strike anyone.

David first learned about Sun Health's Diabetes Self-Management Education (DSME) program through some friends. After visiting with his doctor and seeing if his insurance would cover it, he registered for the class.

While attending the program, David gained knowledge on many health topics that would help him in managing his new diagnosis.

## More than Expected

The DSME program offered through the Sun Health Center for Health & Wellbeing is a 5-week class. It provides those diagnosed with diabetes the education and guidance to improve overall health and help prevent diabetic complications.

Through his experience, David says he has seen a total transformation in his health after completing the class. His A1C level dropped from 7.0 to 6.0. He also has lost almost 60 pounds in the last five months and has more energy than ever!

For him, his newfound vigor is the best part.

Another benefit that came along with the class was being able to stabilize his blood sugar levels.

"I am keeping my sugar levels more consistent now," David says. "I had no issues of them going high but had issues of them going low. That is something that Julia Deen (registered dietitian and DSME instructor) helped me bring back up to be consistent and steady throughout the day.

"I still have some dips, but not as many as before I started the class."

David's doctors also are impressed with his results. They are glad to see he has found great success in controlling his diabetes.



David R. Diabetes Self-Management Education participant



## Watch What You Eat

The biggest takeaway for David is how much the food a person eats effects one's lifestyle and health.

"It helps to recognize the importance of portion control, what you eat, and how much you eat," David says. "The class made me realize the importance of getting sleep, exercising, and getting the proper foods – vegetables, fruits, and starches."

He has learned what healthy options to look for at restaurants and can enjoy those meals.

The program has given David a new outlook on life. He has plans to continue with his goals and work on getting his weight down further, along with his A1C number.

## Achieving Results

David recommends the class to those with diabetes and hopes they will take advantage of the resources the DSME class provides.

"When you get diagnosed with diabetes, you would hope somebody would lead you in a way to show you how to help you," he says. The DSME class provided that education and support for David.

To start your education journey, sign up to attend a DSME class. Call (623) 471-9355 or visit [SunHealthWellness.org/Diabetes](https://SunHealthWellness.org/Diabetes) to find the class that works for you.

**To start your education journey, sign up to attend a DSME class. Call (623) 471-9355 or visit [SunHealthWellness.org/Diabetes](https://SunHealthWellness.org/Diabetes) to find the class that works for you.**





## BRAIN & MEMORY HEALTH

### **Dementia Caregiver Support Group** **Wednesdays, Mar. 6, Mar. 20, Apr. 3, Apr. 17 | 3-4 p.m.**

Caring for a loved one with dementia can be challenging, but you don't have to face it alone. Sun Health's Memory Care Navigator team invites you to join the Dementia Caregiver Support Group that offers a welcoming and understanding community where you can find comfort, guidance, and a renewed sense of strength. If you are a family member or friend caring for an individual with dementia, please join us to share your experiences, learn new approaches, and gather community resources.

*Location: Grandview Terrace Health & Rehab*

### **Memory Café**

**Tuesdays, Mar. 12 & Apr. 9 | 10-11:30 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**

**Tuesdays, Mar. 26 & Apr., 23 | 10-11:30 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*

### **Alcohol & the Aging Brain**

**Wednesday, Mar. 20 | 9:30-10:30 a.m.**

Join Sun Health's Memory Care Navigator team to learn how alcohol impacts the brain as we age, the changes in our bodies and brain, and how alcohol can increase the risk of developing dementia.

*Location: Lord of Life Lutheran Church*

### **New and Advancing Therapies in Parkinson's disease**

**Monday, Apr. 8 | 11 a.m.-noon**

Join Dr. Sara Dhanani as she covers new and upcoming medications as well as advancements in neuromodulation for Parkinson's disease.

*Location: Zoom*

### **Dealing with Caregiver Feelings**

**Wednesday, Apr. 10 | 10-11 a.m.**

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

*Location: American Lutheran Church*

For more information and resources on exercise and wellness, contact the Sun Health Center for Health & Wellbeing at (623) 471-9355 or visit [SunHealthWellness.org](https://SunHealthWellness.org)



Registration begins:  
Feb. 13, 2024 at 8:30 a.m.



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



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



## DIABETES

### National Diabetes Prevention Program

**Fridays, starting Apr. 5 | 1-2 p.m.**

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. Please call (623) 471-9355 to register and inquire about insurance coverage. Fee covered by most insurance plans.

*Location: Sun Health Center for Health & Wellbeing*

### Annual Diabetes Self-Management

#### Education

**Thursday, Apr. 11 | 9:30-11:30 a.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.

*Location: Sun Health Center for Health & Wellbeing*

### Diabetes Self-Management Education

**May 14th Tuesday | 1:30 to 3:30 p.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 us for this five-week accredited course which provides the latest information in diabetes management including monitoring, taking medication, eating healthy, being active, reducing risks, and problem solving. Please call (623) 471-9355 to register and inquire about insurance coverage. The fee is covered by Medicare and most insurances and requires a physician referral. Please register at least two weeks prior to the start of the series.

*Location: Sun Health Center for Health & Wellbeing*

## Location & Class Key

### AMERICAN LUTHERAN CHURCH

17200 N. Del Webb Blvd., Sun City, AZ

### THE COLONNADE

19116 N. Colonnade Way, Surprise, AZ

### CROWN OF LIFE LUTHERAN CHURCH

13131 W. Spanish Garden Drive, 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

### PORA

13815 W. Camino Del Sol, Sun City West, AZ

### SALVATION ARMY

17420 Ave of the Arts, Surprise, AZ

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise, AZ

### SURPRISE SENIOR CENTER

15832 W. Hollyhock St., Surprise, AZ

### UNITED CHURCH OF SUN CITY

11250 N. 107th Ave, Sun City, AZ

Classes with this icon  have an associated fee.



## Understanding Atrial Fibrillation

**Tuesday, Mar. 5 | 2-3 p.m.**

Discover the nuances of atrial fibrillation: Unravel the complexities of this common cardiac arrhythmia. What triggers it? How do you recognize its onset? If diagnosed, what is next? Join Dr. Mark Burns, Dr. Paul Haas, and Dr. Wilbur Freeman from Cardiac Solutions for an informative session. They'll delve into the identification of atrial fibrillation and risk reduction strategies and explore the spectrum of innovative treatment options available for managing this heart rhythm disorder.

*Location: Freedom Plaza*

## Your Kidneys & You

**Wednesday, Mar. 6 | 10:30-11:30 a.m.**

Are you at risk of developing kidney disease? Many who are high risk do not yet know they are or what they can do to protect their kidney health. Join Renee Hynds, Director of Patient Programs, National Kidney Foundation of Arizona, as she helps to raise awareness of the risk factors for kidney disease and the steps to take to keep your kidneys healthy.

*Location: Surprise Senior Center*

## Your Kidneys & You

**Tuesday, Mar. 12 | 10:30 – 11:30 a.m.**

Are you at risk of developing kidney disease? Many who are high risk do not yet know they are or what they can do to protect their kidney health. Join Renee Hynds, Director of Patient Programs, National Kidney Foundation of Arizona, as she helps to raise awareness of the risk factors for kidney disease and the steps to take to keep your kidneys healthy.

*Location: United Church of Sun City*

## Cataract Formation & Treatment

**Monday, Mar. 18 | 2-3 p.m.**

Cataracts can be part of a normal aging change of our eyes, but when is it time to have them treated? Dr. Brittany Hillier from Sun State Eye Care and Ashley Suedekum from Summit Eye Surgeons will discuss cataract development, symptoms and treatment options as well as the referral process if cataract treatment is needed.

*Location: Crown of Life Lutheran Church*

## Your Kidneys & You

**Tuesday, Mar. 19 | 1:30-2:30 p.m.**

Are you at risk of developing kidney disease? Many who are high risk do not yet know they are or what they can do to protect their kidney health. Join Renee Hynds, Director of Patient Programs, and Dr. Romanita Nica of the National Kidney Foundation of Arizona as they help to raise awareness of the risk factors for kidney disease and the steps to take to keep your kidneys healthy.

*Location: Grace Bible Church*

## The Superpower of Spiritual Care: Stress Inoculation

**Friday, Mar. 22 | 9:30-10:30 a.m.**

Stress can be viewed in both positive and negative terms. When a person's capacity to manage change creates an internal imbalance that is manifested by various forms of illness and undesirable feeling states, it can be helpful to incorporate interventions that restore a sense of calm and equilibrium. Regardless of a person's cultural orientation or belief system, their wellbeing can pivot on internal scaffolding strengthened and supported by spiritual and religious foundations. Join Rabbi Mindie Snyder on a dynamic journey that illuminates healing, inspiring, and comforting measures that are, at once, ancient, modern, and inclusive.

*Location: The Colonnade*



Registration begins:  
Feb. 13, 2024 at 8:30 a.m.



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



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



### Basics of Knee Replacements

**Tuesday, Mar. 26 | 2-3 p.m.**

There is a lot of information out there regarding knee replacements, which can be overwhelming. Join Dr. Brent Albracht with Banner Orthopedics as he discusses the basics of knee replacements and answers frequently asked questions.

*Location: Freedom Plaza*

### Aging Spine: Common Conditions, Current Treatments

**Wednesday, Apr. 3 | 10:30-11:30 a.m.**

No matter what we do, we can't stop time. That being said, if we eat a healthy diet, get regular exercise, and take care of small problems as they arise, we can help keep our spine healthy long into our wonder years. But which spinal conditions most commonly affect us in our older years? Dr. Kenneth Hood will highlight the most common conditions and what you can do to prevent and treat them.

*Location: Surprise Senior Center*

### Science of Mindfulness for Stress & Health

**Tuesday, Apr. 9 | 10:30-11:30 a.m.**

What is mindfulness and how does it work to help us reduce stress and enhance well-being? Ann Sebren, ASU teaching professor and certified mindfulness teacher-professional, will talk about the science that explains how mindfulness can change our brain, change our perceptions, and changes our hearts.

*Location: United Church of Sun City*

### What is Macular Degeneration?

**Tuesday, Apr. 23 | 2-3 p.m.**

Macular degeneration is a disease that affects the central part of the retina called the macula, which allows you to see fine details clearly. Join Dr. Kurli as she breaks down the symptoms, diagnosis, and treatment.

*Location: Freedom Plaza*

### How Do We Ensure Safe Driver Skills While Aging?

**Monday, Apr. 29 | 1:30-2:30 p.m.**

Driving requires sharp cognition and vision for any driver. The typical effects of aging may affect driving safety. Our discussion will provide information on the skills needed to continue to drive safely, self-assessment of one's driving, or potential cues family members may identify regarding their loved ones driving. Join Jenny Nordine, OTR/L, CDRS, as she talks about the signs of when to stop driving and important conversations to make the transition from driver to passenger if needed.

*Location: Faith Presbyterian Church*



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Visit [SunHealthWellness.org/Livewell-magazine](https://SunHealthWellness.org/Livewell-magazine)



## NUTRITION

### **Nutrition & Lifestyle for Weight Loss** Thursdays, Mar. 14 & Apr. 11 | 11:30 a.m.-12:30 p.m.

Come learn a lifestyle approach to weight loss that can help you make simple changes to maintain a healthy weight for life. Banner Health Registered Dietitian Mya Perkins, MS, RD, will discuss nutrition and lifestyle changes you can put into action.

*Location: Zoom*

### **Saving Time & Money on Grocery Store Apps**

**Tuesday, Apr. 16 | 1:30-2:30 p.m.**

One way to tackle increased food and gas prices is to take advantage of grocery store apps. Some of these apps let you order groceries for pickup and delivery and add coupons to your order. If you dread going to the grocery store, online shopping and grocery pickup might be right for you. Join Lifestyle Coach/Nutritionist Sarah Fagus to learn how to use apps to your advantage and save money on your next grocery trip. Bring a phone, tablet, or computer if you would like to practice.

*Location: Grace Bible Church*

### **It's Not Just the Shaker**

**Friday, Apr. 26 | 9:30-10:30 a.m.**

What is congestive heart failure, and how can you manage it through dietary changes? Join Registered Dietitian Julia Deen as she discusses what congestive heart failure is and how maintaining a low-sodium diet can reduce hospital admissions.

*Location: The Colonnade*

6<sup>TH</sup> ANNUAL FUNDRAISER

## **DRIVING FORE** HEALTH & WELLNESS

We're **TEEING** up a fun-filled day of golf, games, brunch, great friends, and **DRIVING** for a cause.

**SATURDAY, APRIL 13, 2024**

10:30 A.M. - 1 P.M. | TOPGOLF GLENDALE



TO REGISTER: (623) 471-8508  
Joyce.Wilt@SunHealth.org  
SunHealthFoundation.org/Golf





Registration begins:  
Feb. 13, 2024 at 8:30 a.m.



Register Online  
[SunHealthWellness.org](https://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.

### Mondays, 8-Week Series

#### Chair Yoga Plus

**Starts Mar. 4 | 9:30-10:30 a.m.**

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

#### Tai Chi Essentials

**Starts Mar. 4 | 11 a.m.-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.

#### Strength Training

**Starts Mar. 4 | 12:30-1:30 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

**Starts Apr. 29 | 9:30-10:30 a.m.**

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

#### Tai Chi Essentials

**Starts Apr. 29 | 11 a.m.-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.

#### Strength Training

**Starts Apr. 29 | 12:30-1:30 p.m.**

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

### Wednesdays, 8-Week Series

#### Chair Yoga Plus

**Starting Apr. 24 | 9:30-10:30 a.m.**

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

#### Tai Chi Essentials

**Starting Apr. 24 | 11 a.m.-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.

#### Core to Strength

**Starting Apr. 24 | 12:30-1:30 p.m.**

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

### Fridays, 8-Week Series

#### Strength Training

**Starting Mar. 1 | 11 a.m.-noon**

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

#### Strength Training

**Starting Apr. 26 | 11 a.m.-noon**

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



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## Stay Healthy While Living *At Home*

We specialize in personalized support and coordinated services to help members stay active and healthy as they age in place at home. 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.org



Join us for a complimentary  
1-hour Discovery Seminar:

MAR  
**7**  
10 a.m.

MAR  
**19**  
1 p.m.

APR  
**9**  
2 p.m.

APR  
**25**  
1 p.m.



SUN HEALTH AT HOME

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