Mastering Successful Aging
Residents see value in Masterpiece Living® program

A Smart Investment
Sun Health at Home provides ‘sense of personal and financial security’ for retired accountants

Investing in Research
Couple’s support through IRA is a gift for the future

Healthy Holiday Entertaining
Tips for accommodating guests with food restrictions
All signs around us point to the fact that the “holidays” have arrived. As we celebrate the season, toast our loved ones and bring our family and friends together it often involves a wonderful meal. In this issue of *LiveWell*, learn helpful tips on how to accommodate your guests’ dietary restrictions — from food allergies to specialty diets — while still enjoying favorite seasonal dishes.

You will also learn about Masterpiece Living® on our senior living campuses. Masterpiece Living® Champions are developing creative activities for our senior living residents and staff to help “master” the art of successful aging.

Next, I’m pleased to introduce you to Jean and Robert Carr. Full-time Arizona residents since 2003, Jean and Robert invest in our community and the future of health care through Sun Health Foundation, benefiting your two community-based medical centers, Boswell and Del E. Webb, and the Banner Sun Health Research Institute.

Also in this issue, we introduce you to octogenarians Roy and Grace Smith, who have lived in their family ‘retirement’ home for more than 25 years. Sun Health at Home is making it possible for them to stay in their home and receive necessary assistance so they both feel safe and secure.

As we reach the end of the year, I want to thank you again for reading *LiveWell* every month. Also, many of our readers are longtime supporters of Sun Health Foundation and we thank you for putting your trust in us, which is reflected by your support. Please contact us at information@sunhealth.org anytime to ask a question or share an opinion.

Stay Healthy,

Ron Guziak
President & CEO, Sun Health
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In a culture obsessed with youth, the term “successful aging” may sound like an oxymoron.

Don’t tell that to La Loma Village resident Sue Sjostrom. The former middle-school teacher and bookstore owner leads an active and interesting life, which proves that “successful” and “aging” can coexist peacefully.

In fact, the recent re-debut of the Masterpiece Living® program across Sun Health Senior Living has ignited a spark in her to lead an even fuller life.

Grandview Terrace, along with La Loma Village and The Colonnade are partners of Masterpiece Living®, a national organization that promotes successful aging through research and evidence-based methods. The organization’s model for successful aging is built on four pillars: physical, intellectual, social and spiritual. Focusing on all four pillars equally is the key to healthy aging, according to Masterpiece Living® President Dr. Roger Landry, a preventative-medicine physician and author.

Back to Sue. She was skeptical when she learned earlier this year about SHSL’s plans to “re-debut” Masterpiece Living®.

She remembers when Masterpiece Living® was introduced at La Loma Village in 2010. “Several of us residents questioned the need for it because we already were taking steps to age successfully,” Sue said. “It felt like it was being foisted on us. And, people my age don’t like to be told what to do. We want to know what’s available and to make our own decisions.”

Still, she accepted an invitation to attend the Masterpiece Living® Academy training offered in January as the first step in Sun Health’s re-launch. Dozens of employees and residents attended the two-day session taught by educators from Masterpiece Living®.

“The training was extremely organized, very positive and upbeat, but realistic at the same time,” Sue says, contrasting it with her first impressions.

Terry Wallace, director of Customer Experience at Grandview Terrace, agrees. Like Sue, she experienced the initial rollout of Masterpiece Living®, but says she learned much more the second time around.

“The educators really hit hard on the research behind Masterpiece Living® using data to show its benefits. That opened more minds,” she said.

“Masterpiece Living® is based on a large body of research that shatters many myths about aging. For example, studies show that 70 percent of physical aging, and about 50 percent of mental aging, is determined by how we choose to live
our lives every day. Seniors who nurture their physical, intellectual, social and spiritual gifts - the four pillars - tend to be healthier, more productive and happier than their counterparts,” Terry said.

After the academy training, attendees returned to their communities and began meeting to strategize ways to promote Masterpiece Living® with newer residents and to reconnect with those already familiar with the program.

These “Masterpiece Living® Champions,” as they are called, have planned a variety of creative programs to engage residents and staff on all campuses. La Loma Village and Grandview Terrace held weeklong events in September that featured everything from a blessing of the pets to a volunteer fair to a “Family Feud” game. The Colonnade held Western-themed events in November.

The champions are now encouraging residents to take mobility and lifestyle reviews, which are feedback tools designed by Masterpiece Living® to help partner programs gauge their progress. “The feedback will help us identify what our strengths are and where we need to improve,” said Life Enrichment Supervisor Paula Sikes, a champion from The Colonnade.

Sharon Grambow, executive vice president and chief operating officer for Sun Health Senior Living, led the move to recommit to the Masterpiece Living® principles and she’s pleased with the progress.

“We are proud of the hard work our champions have done and are excited about future possibilities,” Sharon added.

Once a doubter, Sue is now a believer.

“Masterpiece Living® has become a valuable resource and reference tool to help each community achieve a more active lifestyle, here and now,” Sue added.

For more information about Sun Health Senior Living and the Masterpiece Living® program, visit sunhealthseniorliving.org or call 623-236-3767.
Roy and Grace Smith know a good deal when they see it. However, before they ink any deal, you can bet the two retired accountants will triple check the numbers and scrutinize the fine print, just as they did before applying to join Sun Health at Home, a “continuing care at home” program that enables adults 55 and better to age safely and confidently in their own homes. The program, the first of its kind in the Southwestern United States, is regulated by the Arizona Department of Insurance.

“I’ve always believed in insurance; many people sharing a risk,” says Roy, explaining a key reason why he and Grace see Sun Health at Home as a smart investment. Roy’s business acumen comes not only from working as an accountant, but also from teaching accounting and business administration to college students. Grace worked in finance and accounting for more than 48 years.

The Smiths have lived in their Sun City home for 25 years and it’s become like an old friend. “We put a lot of effort into the home getting it the way we want it. It’s comfortable and where we want to stay,” says Roy, a lanky gentleman who enjoys playing tennis (court and table), exercising and writing well-researched, inspirational commentaries on the Bible.

While staying active is important to them, the Smiths knew they needed to prepare for the inevitable vagaries of growing older. The couple, married since 1954, shared the desire to live at home as long as possible but they weren’t sure how to make it happen.

Their ears perked up when they heard about the Sun Health at Home program. They attended a discovery seminar, liked what they heard and set up a meeting with Membership Counselor Joshua Freegard.

“Grace and Roy asked a lot of detailed questions and they definitely did their homework before they applied,” Joshua remembers.

It helped that the Smiths knew the Sun Health brand. Roy served several years on the operating board for Boswell Memorial Hospital (now Banner...
Boswell Medical Center) and later, the institutional review board for the Sun Health Research Institute (now Banner Sun Health Research Institute). The couple are also donors to Sun Health Foundation.

They were aware of Sun Health’s history of developing innovative and successful programs to serve the health care needs of area residents, including programs like Sun Health at Home.

The Smiths both feel a sense of personal and financial security now. If Roy were to die before Grace, the Sun Health at Home program would assist with end-of-life services including helping Grace adjust to life without her husband.

“I feel very good about Sun Health at Home, especially with it being a Life Care contract,” Roy says. “It will cover my health costs and continue to pay for my care, even if we have exhausted our assets. And, I hope to stay in good health to be there at home to take care of my wife. We have a great desire to pass on an inheritance to our family and this is helping us stretch our dollars.”

Along with three grown children and in-laws, the Smiths have seven grandchildren and five great-grandchildren.

In addition to protecting one’s assets, another benefit is that Sun Health at Home’s membership fee is up to 100 percent tax-deductible as a prepaid medical expense and may be split over two years for additional tax benefits. Monthly fees also provide ongoing tax deductibility.

With a solid plan in place for their future, the Smiths are feeling a little more relaxed these days in their ranch-style house that backs up to the North Golf Course in Sun City, the community’s first golf course. Grace’s parents bought the house in 1964 when Del Webb’s master-planned community was attracting retirees by the thousands. Grace and Roy may be from the next generation of retirees, but like the pioneers who flocked to Sun City, they still enjoy the community’s “small-town, everyone-is-a-neighbor” feel.

“Sun Health at Home is helping people stay at in their communities and in their homes, but in a way that keeps them safe and healthy,” Joshua says. “That’s a deal the Smiths will take any day.

Join us for a Discovery Seminar to learn more about Sun Health at Home
To RSVP and find the address of each seminar, visit sunhealthathome.org/seminar or call 623-227-HOME (4663).

• Thursday, Dec. 1 at 11 a.m.
  Sun City Grand Chaparral Center
• Tuesday, Dec. 6 at 9:30 a.m.
  Sun Health Center for Health & Wellbeing
• Thursday, Dec. 8 at 1 p.m.
  Sun Health Center for Health & Wellbeing
• Thursday, Dec. 15 at 10 a.m.
  Sun Health Center for Health & Wellbeing

We have a great desire to pass on an inheritance to our family and this is helping us stretch our dollars.

-Roy Smith

Roy and Grace Smith
By the time Jean M. Carr met her future husband, Robert, she had followed her passion to study mathematics and was diving into work as a medical research assistant.

The field of mathematics was “where I did best,” she recalls. But the field of research piqued a lifelong interest that would later lead the couple to support vital health-related studies through the Banner Sun Health Research Institute, in Sun City.

“I believe in research,” Jean says. “I feel that’s where a big difference can be made.”

Jean and Robert met at the University of Michigan in 1949 after Robert returned home from serving in the U.S. Navy. They married the following year. The couple called the Midwest home and raised two sons there, but in 1990 decided to purchase a winter home in Arizona. By 2003, they were ready to call Arizona their full-time home.

The couple enjoyed life in Sun City and decided to invest in the community through Sun Health Foundation.

Sun Health Foundation provides wide-ranging support of Banner Boswell and Banner Del E. Webb medical centers, as well as the Banner Sun Health Research Institute. Additionally, the Foundation is also the driving force behind Sun Health’s community wellness and education programs and services.

The Carrs chose to make their charitable contributions through an individual retirement account (IRA). The distributions go directly to the Foundation, rather than to the Carrs, so the couple can avoid tax consequences and support the community at the same time.

Being able to make financial contributions that support Sun Health and health-related research is important to the Carrs. Residents can benefit from a broad range of programs and services thanks to the Foundation, she says.

“I think they’re doing a lot of good in a lot of different ways,” Jean says.
According to Sun Health Foundation Development Director Bonnie Olsen, “The Foundation absolutely would not continue to grow and thrive if it wasn’t for the people in this community caring and giving. Everything that is given to Sun Health Foundation stays right in this community and helps support health care programs right here. It’s the community that has done it all.” Supporting and helping grow health care options through Sun Health Foundation is crucial, not only for the community today, but for children and grandchildren tomorrow, Jean says.

“We want the quality of health care that they give,” she said. “We have to think about the future.”

For more information, go to sunhealthfoundation.org or call 623-832-5330

Make an Impact and Enjoy Tax Savings

This is the time of the year when most people give and receive. We know that your decision to support Sun Health Foundation comes from the heart. An added bonus is that your gift may also qualify for a tax break this year when you itemize deductions on your federal income tax return. Take a look below and mark your calendar so you can ensure the timing of your gift.

2016 Gift Deadlines
Accomplish the following to ensure that your gift is eligible for a charitable deduction this year.

1. Cash
Mail your check in, which must be postmarked by Dec. 31.

2. Stock
Complete the entire transfer of securities to us electronically so we receive them by Dec. 31.

3. Real Estate
Deliver the executed deed by Dec. 31, in most states.

4. Tangible Personal Property
Deliver the donated property by Dec. 31.

By making a donation today, you can help Sun Health focus on our charitable mission of championing healthy living, research and superior health care. And as you search for the perfect gift for a loved one, remember that a year-end charitable gift in his or her name is deeply appreciated.

Depending on the gift arrangements you choose, you can:
• Reduce your income taxes
• Increase your spendable income
• Reduce or eliminate capital gains tax

Discover Your Giving Options
Please call me at 623-832-5582 or email me at sharon.thornton@sunhealth.org to find out how you can complete one or more of the year-end giving options listed. And, of course, please check with your personal tax advisor.

Information provided by The Stelter Company

By Sharon Thornton, JD, LL.M, Exec. VP and Chief Philanthropy Officer 623-832-5582

For more information, go to sunhealthfoundation.org or call 623-832-5330
The holidays are the traditional time when we gather around the table with family and friends and celebrate the season. However, entertaining guests with dietary restrictions may prove challenging. The good news is, if you plan your meal in advance, you can accommodate all of your guests and still enjoy the traditional dishes you love. Sun Health Registered Dietitian Nutritionist Susan Welter provided a few tips to help take the guesswork out of meal planning and to make the most out of your holiday gatherings.

**Discuss the menu in advance**

People have many food restrictions from egg, soy and fish allergies to gluten-free, dairy-free, vegan and vegetarian diets. If you’re planning to host a dinner, be sure to contact your guests in advance and discuss what you plan to serve. While it’s thoughtful to incorporate a dish that will meet the dietary needs of your guests, you don’t have to redesign the entire menu.

**Plan simple, yet flavorful dishes**

Opt for making a fruit salad or a vegetable and bean dish that’s packed with flavor but has few added sauces. These are great options for those who are dairy free, gluten free and vegetarian. Focusing the meal around plant-based food, rather than meat and starches, also provides health benefits for every guest.

**Explore new recipes**

The holidays are a great time to try out a new recipe. It’s easy to go online to websites such as eatingwell.com and search for recipes that match the dietary needs of your guests. You can choose from hundreds of appetizers, main dishes and desserts.

**Offer options**

Consider serving your meal buffet-style, instead of plated, so guests can select what they want to eat. Label each dish and leave sauces and toppings on the side.

**Make simple substitutions**

Cooking with olive oil instead of butter and opting for vegetable stock instead of chicken or beef stock are easy ways to accommodate vegans and those with dairy allergies. Just be sure not to cross-contaminate your cooking utensils or serving platters.

**Suggest guests bring something to share**

Guests who have many or unusual food restrictions generally understand it may be difficult to accommodate all their special needs and will often bring their own dishes when dining out.
Nutrition

INGREDIENTS
• 1/2 cup pomegranate seeds (about 1 pomegranate)
• 1/2 cup julienne-cut peeled jicama
• 1/3 cup sliced seeded kumquats (about 6 medium)
• 2 medium ripe mangoes, peeled and cut into thin slices
• 2 tangerines or clementines, peeled and sectioned
• 2 blood oranges, peeled and sectioned
• 1 pear, thinly sliced
• 2 tablespoons fresh lime juice
• 2 tablespoons honey
• 1/4 teaspoon ground red pepper
• 1/8 teaspoon coarse sea salt

DIRECTIONS
1. Combine first 7 ingredients in a large bowl; toss gently.
2. Combine lime juice, honey, pepper, and salt in a small bowl, stirring well with a whisk.
3. Pour over fruit; toss gently to coat.
4. Serve at room temperature.

NUTRITIONAL INFORMATION
• Calories 118
• Fat 0.4 g
• Satfat 0.1 g
• Monofat 0.1 g
• Polyfat 0.1 g
• Protein 1.3 g
• Carbohydrate 30 g
• Fiber 4.2 g
• Cholesterol 0.0 mg
• Iron 0.4 mg
• Sodium 37 mg
• Calcium 39 mg

NUMBER OF SERVINGS: 8
PREP TIME: 30 minutes
Recipe originally appeared in Cooking Light, Nov. 2010

Winter Jeweled Fruit Salad

Selected by Registered Dietitian Tracy Garrett from the Sun Health Center for Health & Wellbeing

Making Transportation Simple for Seniors

For seniors, transportation can be the difference between one’s independence and relying on others to drive them to medical appointments, the pharmacy or to run errands. Accessible transportation helps seniors stay active and connected to friends, both important determinants of healthy aging.

Three years ago, Sun Health spearheaded a community-needs assessment that revealed a glaring need for more transportation options in the West Valley. This spurred West Valley nonprofits Sun Health and Benevilla to form Northwest Valley Connect (NVC) in 2014 and hire transportation expert Kathy Chandler as its executive director.

NVC is a nonprofit organization focused on improving transportation for seniors and those with disabilities. It has a call center that connects residents with local transportation resources when other resources are not available to meet a rider’s need. When needed, NVC volunteer drivers will fulfill the request. NVC also coordinates group trip and social outings to the mall, baseball games, restaurants and more.

The organization’s funding is based entirely on philanthropic support and grants. This year, the Arizona Department of Revenue certified NVC as a “qualifying charitable organization,” which enables it to receive tax-credit donations of up to $400 per individuals and $800 per couples. In exchange, donors receive a dollar-for-dollar credit on their state income taxes. To learn more, call NVC at 623-282-9300 or visit northwestvalleyconnect.org.
Classes & Events

BRAIN HEALTH

Are You Losing Your Mind or Are You Normal?
Wednesday, Dec. 7; 9:30 to 10:30 a.m.
Sue Clyburn, MHA, MS, CCC-SLP, will speak about normal cognitive changes as we age, mild cognitive impairment and dementia as well as prevention strategies to enhance cognition.
Location: The Colonnade

DIABETES CARE

Diabetes Connection Support Group
Monday, Dec. 19; 3 to 4 p.m.
This monthly group is for individuals who have diabetes to gather together to share and learn in the pursuit of healthy living. Registration is not required.
Location: Center for Health & Wellbeing

HEALTH & WELLBEING

Understanding A-Fib & Common Heart Valve Diseases
Monday, Dec. 5; 9:30 to 10:30 a.m.
Join Dr. Divya Verma, interventional cardiologist, in a heart-to-heart discussion on what you need to know about atrial fibrillation and common heart valve diseases.
Location: The Colonnade

Grief and Loss Recovery
Monday, Dec. 5; 1 to 2 p.m.
Join Rev. David Klumpenhower, director of Spiritual Life for Sun Health Senior Living, as he discusses the impact grief and loss can have on our physical, intellectual, social, and spiritual health, and how a journey to healing is possible.
Location: Faith Presbyterian Church

Take a Tour of the Sun Health Center for Health & Wellbeing
Tuesday, Dec. 6; 11 a.m. to noon
Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff who can guide you on your journey toward health and wellbeing.
Location: Center for Health & Wellbeing

LOCATION KEY:

Boswell/Juniper - Banner Boswell Medical Center, Support Services Juniper Conference Room, 2nd Floor 13180 N. 103rd Dr., Sun City

Center for Health & Wellbeing - Sun Health Center for Health & Wellbeing 14719 W. Grand, Surprise

Faith Presbyterian Church - 16000 N. Del E. Webb Blvd., Sun City

Grandview Terrace H&R - Grandview Terrace Health and Rehabilitation Center, 14505 W. Granite Valley Dr., Sun City West

La Loma Village H&R - La Loma Village Health and Rehabilitation Center, 14260 Denny Blvd., Litchfield Park

PORA - PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

The Colonnade - 19116 Colonnade Way, Surprise

Classes with this icon have an associated fee.
Is Bariatric Surgery For You?
**Thursday, Dec. 8; 9:30 to 10:30 a.m.**
Emil Graf, MD, will discuss the various bariatric procedures and options. Learn why metabolic and bariatric surgery has been shown to be one of the most effective tools for weight loss and maintenance.
*Location: Center for Health & Wellbeing*

Assuring Safe In-Home Care
**Tuesday, Dec. 13; 1 to 2 p.m.**
Cameron Svendsen, LCSW, will share information on the different types of home care and which levels of care are licensed and regulated in Arizona. Understanding these distinct differences will help participants select an in-home care provider that meets their needs while maintaining their personal safety.
*Location: La Loma Village H&R*

What’s Keeping You Up at Night?
**Wednesday, Dec. 14; 9:30 to 10:30 a.m.**
Cyrus Guevarra, registered sleep center technologist, will discuss sleep patterns and disorders, as well as when to consider a sleep test.
*Location: Grandview Terrace H&R*

HEART HEALTH

Taking Care of Your Heart
**Tuesday, Dec. 13; 9:30 to 10:30 a.m.**
Learn the importance of quick action from a cardiac arrest survivor. The Sun City Fire Department will be on hand to demonstrate hands-only CPR.
*Location: Boswell/Juniper*

MEMORY CARE

Dementia Caregiver Support Group
**Wednesdays, Dec. 7 & 21; 3 to 4 p.m.**
Marty Finley, MEd, leads this support group specifically for people caring for a loved one with Alzheimer’s disease or any type of dementia. **Registration is not required.**
*Location: Grandview Terrace H&R*

NUTRITION

Can Food & Supplements Replace Your Medicine?
**Thursday, Dec. 15; 9 to 10 a.m.**
Hippocrates said, “Let food be thy medicine and medicine be thy food.” Can changing dietary habits replace medicines in our lives? Joseph Maidl, PA-C, will discuss how food and supplements can be used to enhance health.
*Location: PORA*

PHYSICAL FITNESS

**All Physical Fitness classes are held at:**
*Center for Health & Wellbeing*

🔥 Chair Yoga
**Mondays, Dec. 5, 12, 19; 8 to 9 a.m.**
**Wednesdays, Dec. 7, 14, 21, 28; 8 to 9 a.m. & 1 to 2 p.m.**
Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

🔥 Tai Chi
**Mondays, Dec. 5, 12, 19; 11 a.m. to noon**
**Wednesdays, Dec. 7, 14, 21, 28; 11 a.m. to noon**
**Fridays, Dec. 2, 9, 16, 23, 30; 11 a.m. to noon**
Tai Chi is a traditional Chinese martial art shown to improve strength and balance, and help with stress reduction and relaxation.

🔥 Yoga for Optimal Health
**Mondays, Dec. 5, 12, 19; 9:30 to 10:30 a.m.**
Yoga helps you move easier and feel less stiff or tired by improving flexibility and building upper-body, core and lower-body strength while also helping reduce stress. **Participants must be able to stand independently and to safely get up and down from the floor unassisted.**
**Strength Training for Health**  
*Mondays, Dec. 5, 12, 19; 1 to 2 p.m.*  
*Fridays, Dec. 2, 9, 16, 23, 30; 8 to 9 a.m.*  
This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

**Yoga for Relaxation and Posture**  
*Wednesdays, Dec. 7, 14, 21, 28; 9:30 to 10:30 a.m.*  
Yoga involves paying attention to your breath, which can help you relax, feel less stressed and improve posture. **Participants must be able to stand independently.**

**Yogalates**  
*Fridays, Dec. 2, 9, 16, 23, 30; 9:30 to 10:30 a.m.*  
This class emphasizes breathing through yoga poses and building core strength with Pilates to help improve sleep, decrease anxiety and help you feel restored. **Participants must be able to stand independently and to safely get up and down from the floor unassisted.**

**SAFETY**

**AARP Smart Driver Course**  
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. **Registration is required. Fee is $15 for AARP members and $20 for nonmembers, payable by check only. Please bring driver’s license and check payable to AARP to the session.**  
*Thursday, Dec. 1; 8:30 a.m. to 12:30 p.m.*  
Location: Center for Health & Wellbeing  
*Thursday, Dec. 8; 8:30 a.m. to 12:30 p.m.*  
Location: Boswell/Juniper

**Changes Coming to Physical Fitness Classes in 2017**  
Sun Health is changing the format for fee-based exercise classes beginning in January 2017. Classes will be offered as an eight-class series and registration will cost $40 or eight class credits for each series. You will no longer be able to register for individual classes. See the January *LiveWell* for more information.

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**HOW TO HAVE A HAPPY, HEALTHY HOLIDAY!**

An Interactive Wellness Event

*Thursday, Dec. 15*  
10 to 11 a.m.  
OR  
1 to 2:30 p.m.

Join the Center for Health & Wellbeing team to learn festive ways to enjoy a healthy holiday season and eliminate post-holiday regret.

- Fun, healthy food demos  
- Creative physical activities  
- Stress reduction techniques  
- Discounted rates on holiday gift certificates for those who attend  
- Special gift just for attending

**Registration is required as space is limited!**  
Call 623-207-1703 to register.
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</table>

**December Classes & Events At-A-Glance**

**REGISTRATION REQUIRED FOR MOST CLASSES**

**CLICK OR CALL TODAY!**

- Chair Yoga; 8 to 9 a.m.
- **Understanding A-Fib & Treatment Options; 9:30 to 10:30 a.m.**
- Yoga for Optimal Health; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Grief and Loss Recovery; 1 to 2 p.m.
- Strength Training; 1 to 2 p.m.

- Chair Yoga; 8 to 9 a.m.
- **Are You Losing Your Mind; 9:30 to 10:30 a.m.**
- Yoga for Relaxation; 9:30 to 10:30 a.m.
- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.
- Dementia Support Group; 3 to 4 p.m.

- Chair Yoga; 8 to 9 a.m.
- **Yoga for Relaxation; 9:30 to 10:30 a.m.**
- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.
- Dementia Support Group; 3 to 4 p.m.

- Chair Yoga; 8 to 9 a.m.
- **Yoga for Relaxation; 9:30 to 10:30 a.m.**
- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.

- Chair Yoga; 8 to 9 a.m.
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- Tai Chi; 11 a.m. to noon
- Chair Yoga; 1 to 2 p.m.

**Happy Holidays! Sun Health Offices Closed**
FEBRUARY 19, 2017
Presidents’ Day Weekend

FULL | HALF | RELAY | FUN RUN
Runs through several West Valley cities and Luke AFB

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