

# PWR! Moves

*Parkinson's Wellness Recovery*



PWR! Moves is a Parkinson's-specific exercise program that works to improve neuroplasticity and slow the progression of Parkinson's disease. Focused on large movements, PWR! Moves targets four critical skills the disease attacks: antigravity extension, weight shifting, axial mobility, and transitional movements. This is a great option for anyone experiencing neurological related mobility and range of motion declines.

Classes are \$5 each and start at 2 P.M. Class sessions are 8 weeks long (unless noted):

Monday January 26 to March 2 (6 weeks)	Monday March 9 to April 27	Monday May 4 to June 22
Monday June 29 to August 17	Monday August 24 to October 12	Monday October 19 to December 7


**Center for Health & Wellbeing**  
 14719 W. Grand Ave. Bldg B, Surprise, AZ 85374



## REGISTER

(623) 471-9355 or online at [SunHealthWellness.org/Classes](http://SunHealthWellness.org/Classes)



# Sun Health Wellness

## Start Your Wellness Journey With Us



Sun Health Wellness develops evidence-based programs and services to help you to live a longer, healthier and more purposeful life. Our goal is to provide personalized support to help you learn about and manage your wellbeing at little to no cost!


As a part of our wellness program we provide:

- \$5 exercise classes
- Discounted massage therapy
- Free Memory Care Navigator program and support groups
- Free Vial of Life program
- Free Community Education Workshops and Seminars



Join a class and begin your wellness journey!



 (623) 471-9355

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

 14719 W Grand Ave. Surprise, AZ 85374



# VIAL OF LIFE



The Vial of Life is a free Sun Health program that gives you fast access to critical patient information when seconds count. Residents receive a labeled pill bottle with key medical details, stored in the refrigerator door for easy emergency access.

## What to Look For:

### The Vial of Life Includes:

- Current medical conditions and medications
- Allergies and past surgeries
- Primary and specialist physicians
- Hospital preference
- Health insurance provider
- Emergency contacts (including pets)



**Sticker on a front window or outside the refrigerator**

### Why It Matters

The Vial of Life saves precious minutes in an emergency, providing immediate, accurate health details, reducing delays in care, and improving safety for patients unable to speak for themselves.



**Vial stored inside the refrigerator door**

*This program is made possible by Sun Health Foundation donors, in partnership with Banner Boswell and Banner Del E. Webb medical centers.*



**Benevilla**<sup>®</sup>



## Free Educational Workshops

**You're not alone on this journey.** Benevilla provides a welcoming space for caregivers and the community to learn, connect, and feel supported through expert-led events and workshops focused on caring for loved ones, and the challenges of aging.

### June Schedule

DATE/TIME	WORKSHOP
<b>Thursday</b> <b>June 4, 2026</b> <b>11:30 am - 1:00 pm</b>	<b>Stronger Together: Dementia Friends, Families &amp; Brain Health</b> This informative workshop builds understanding, compassion, and practical skills to support people living with dementia and those who care for them.  <b>LOCATION:</b> Burrows Conference Room, 16752 N Greasewood St, Surprise AZ, 85375
<b>Tuesday</b> <b>June 23, 2026</b> <b>10:00 - 11:30 am</b>	<b>Senior Living Decisions Made Simple: Find the Right Time and Fit</b> Navigating senior living options can feel overwhelming, but it doesn't have to be. Join us for an insightful session designed to help you understand when the time might be right for placement and what options are available for your loved one or yourself.
<b>Thursday</b> <b>June 25, 2026</b> <b>11:00 am - 12:30 pm</b>	<b>Find Your Rhythm: Drumming Sounds Caregiver Support</b> Caring for others is meaningful, but it can also be stressful. This monthly caregiver drumming experience offers a creative, hands on way to relax, recharge, and connect in a small group setting. All drums and materials are provided.
<b>Tuesday</b> <b>June 30, 2026</b> <b>10:00 - 11:30 am</b>	<b>Protect Your Treasure: Why a Thorough Estate Plan Safeguards You and Your Loved Ones</b> Discover how a well-crafted estate plan can protect your assets, honor your wishes, and provide peace of mind for you and your loved ones. Attorney Caleb Lihn of Lihn Law Group will guide you through the key components of estate planning.

**LOCATION:** Unless otherwise noted, workshops are held at the **Benevilla Education Center,**  
14601 N Del Webb Blvd, Sun City, AZ 85351

**SPACE IS LIMITED. REGISTRATION REQUIRED.**

Scan the QR code or visit the website to register. For more information or to register by phone, call 623-584-4999 or email Education@Benevilla.org.



**Register for Workshops:**  
Visit [Benevilla.org/workshops](https://www.benevilla.org/workshops)

Free Educational Workshop



Benevilla®

Tuesday, June 23, 2026 | 10:00 - 11:30 AM

# Senior Living Decisions Made Simple:

## *Find the Right Time and Fit*

*Navigating senior living options can feel overwhelming, but it doesn't have to be. Join us for an insightful session designed to help you understand when the time might be right for placement and what options are available for your loved one or yourself.*

- How to determine the right time for placement.
- The spectrum of senior living options: from independent living to skilled nursing care.
- Cost ranges for various levels of care.
- Financial assistance programs to ease the burden.



**PRESENTED BY:**

Kari McLeod CDP, SHSS,  
Senior Placement Specialist,  
Certified Dementia Practitioner  
*Gentle Hearts Living Solutions*



**Gentle Hearts**  
LIVING SOLUTIONS

**Reservations Required to Ensure Space is Available.**

To register visit [Benevilla.org/workshops](https://Benevilla.org/workshops).

For questions or to register by phone/email

Call: (623) 584-4999

or Email: [Education@Benevilla.org](mailto:Education@Benevilla.org)

**LOCATION:** BENEVILLA EDUCATION CENTER  
14601 N Del Webb Blvd,  
Sun City, AZ 85351





You are invited to a **FREE** education

**Dementia & Behaviors - What's the Best Way to Treat**

**Presented by Dr. Walter Nieri**

This course will teach you:

- how to identify behaviors caused by different types of dementia
- skills for approaching and communicating when behaviors are present
- non-pharmacological methods to reduce or redirect behaviors

**Thursday, June 25<sup>th</sup> 2026 at 2:30pm**

**Cogir of Peoria**

**13391 N 94<sup>th</sup> Dr., Peoria, AZ 85381**

**RSVP to 623-977-1431**

Refreshments will be served

Free Educational Workshop



Benevilla®

Tuesday, June 30, 2026 | 10:00 - 11:30 AM

## Protect Your Treasure

### Why a Thorough Estate Plan Safeguards You and Your Loved Ones

*Discover how a well-crafted estate plan can protect your assets, honor your wishes, and provide peace of mind for you and your loved ones. Attorney Caleb Lihn of Lihn Law Group will guide you through the key components of estate planning—including wills, trusts, powers of attorney, and healthcare directives—and explain how each piece helps avoid unnecessary costs, delays, and conflicts. Learn how proactive planning ensures your legacy is secure.*



**PRESENTED BY:**  
Caleb Lihn, Attorney at  
Lihn Law Group



### Reservations Required to Ensure Space is Available.

Visit [Benevilla.org/workshops](https://Benevilla.org/workshops) to sign up  
with a working email address  
or call 623-584-4999  
or text "workshop" to (623) 401-0700

**LOCATION:** BENEVILLA EDUCATION CENTER  
14601 N Del Webb Blvd,  
Sun City, AZ 85351





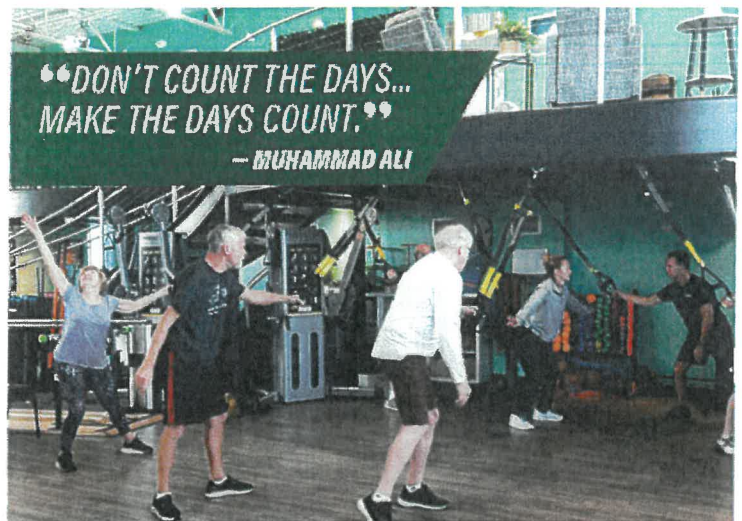
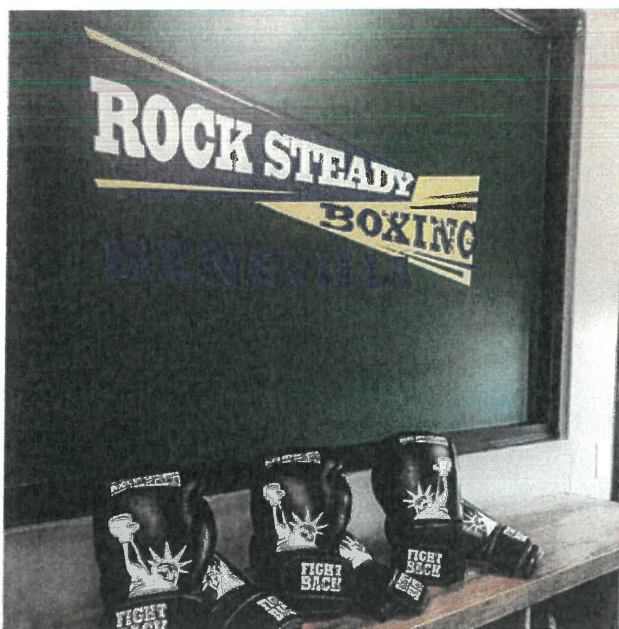
Serving those in our community with different abilities, special considerations, and ongoing clinical needs

### What is an adaptive gym?

An adaptive gym is an all inclusive fitness space where everyone, regardless of ability or walk of life, deserves a chance to get fit and healthy. *Benefitness* coaches are expertly trained in providing quality exercise programs that meet you where you're at, so you have the best chance of success.

*Benefitness* gives you the **BEST:**

- BALANCE**
- ENDURANCE**
- STRENGTH**
- TRAINING**



### Benefitness Offers



**Group Classes** – Adaptive small-group training designed to develop strength, mobility, and vitality. Fun, welcoming, and available at all fitness levels.



**Individual Sessions** – Personalized one-on-one training to enhance daily living skills, reduce pain, and manage health conditions.



**Rock Steady Boxing** – Empowering those with Parkinson's through high-energy, targeted training to improve strength and coordination.



**Beneboxing** – A non-contact boxing class that promotes core strength, joint range of motion, physical agility and stability, and muscular balance.



**InBody Analysis** – Advanced body scan measuring inflammation, cardiac risk, metabolism, and more—guiding a customized wellness plan.



**Nutrition Coaching** – Certified experts create a personalized plan to help you make smarter, healthier food choices.



**Smart Tech** – AI-driven Neofect Smart Glove & Board improve mobility through interactive, engaging therapy.



**Assisted Stretch** – Increase flexibility, ease pain, and improve movement mechanics in a guided stretch session.

# EXPERIENCE MARY'S PLACE: RESERVE YOUR VISIT

Are you considering an Adult Day Program for your loved one? Discover compassionate care in action at our Experience Mary's Place event.

## WHAT YOUR VISIT WILL LOOK LIKE

Step inside Benevilla's Mary's Place and see firsthand how our Life Enrichment Day Program supports individuals living with memory challenges. This guided visit offers a meaningful look at our approach to care, connection, and daily engagement in a warm, welcoming environment.

### Scheduled Arrival (By Sign-Up Time Slot)

Arrive at your selected time and be warmly welcomed by our team. We'll begin with a brief orientation, including an overview of the program, safety guidelines, and what to expect during your visit.

### Guided Tour of the Center

Take a short, guided walk through Mary's Place. You'll explore activity areas, dining spaces, and rest areas while learning how our thoughtfully designed environment supports comfort, safety, and dignity.

### Observation of Daily Activities

Experience the heart of the program by observing activities in action, such as:

- Cognitive engagement and memory-focused activities
- Music and creative art sessions
- Group social interaction
- Movement and light exercise

Our staff will share insights into each activity and how it helps enhance quality of life, promote connection, and support overall well-being.

**Reserve your visit today and see the difference compassionate, person-centered care can make.**



**Call to reserve your date and time:**

June 17, 18, or 19  
9:30 am -12:00 pm

**(623) 815-1031**



**Benevilla®**

14601 N Del Webb Blvd,  
Sun City, AZ 85351

**Benevilla.org**

# SPECIAL OFFER

Assessment Fee Waived\*



**Benevilla**<sup>®</sup>

## Space available in three of our amazing Life Enrichment Day Programs: Lucy Anne's Place, Mary's Place, & West Valley

### MONDAY-FRIDAY AVAILABILITY

Our programs are home-like, friendly and specially designed to best serve member needs. Each of our Life Enrichment Day Programs offer qualified, trained, compassionate, staff and purposeful and engaging activities for mental and physical stimulation.

### 8 Reasons to consider a Benevilla Life Enrichment Day Program

1. To improve the quality of life for your loved one
2. To improve the quality of life for yourself
3. To provide much-needed breaks to decrease stress levels and avoid caregiver burnout
4. To combat isolation and loneliness for your loved one by allowing them to blossom in a socially stimulating environment
5. To provide your loved one with specialized and affordable care during the day
6. To help you when you work full-time out of your home or just take a break
7. To insure your loved one has supervision, companionship and purpose during the day
8. To allow your loved one to age in place



#### Lucy Anne's Place

16752 N. Greasewood St.  
Surprise, AZ 85378

Lucy Anne's Place provides enriching daytime programs for individuals with Mild Cognitive Impairment (MCI), dementia, Parkinson's disease, and stroke recovery, fostering independence, engagement, and quality of life.

#### Mary's Place

14601 N. Del Webb Blvd.  
Sun City, AZ 85351

Mary's Place supports individuals with moderate to advanced dementia, Parkinson's disease, stroke recovery needs and those with a tendency to explore, with personalized care and meaningful therapeutic activities.

#### West Valley

8133 W. Cactus Rd.  
Peoria, AZ 85381

The West Valley program serves individuals with Mild Cognitive Impairment (MCI), early to moderate dementia, Parkinson's disease, stroke recovery needs, and intellectual or developmental disabilities in a welcoming, engaging environment.

**IMMEDIATE TOURS AND ENROLLMENTS AVAILABLE**

**Call today: 623-584-4999**

\* **Assessment fee waived when you mention or present this flyer.** Regular Assessment fee is \$155 for Lucy Anne's Place and Mary's Place. Regular Assessment fee is \$130 for West Valley. Offer ends 7/31/26.

# Now Available at *Benefitness*



## Essential Oil Sessions

Restore harmony  
through the power of  
touch & essential oils.

Stress Relief, Relaxation, and Wellness Support.

Schedule your  
appointment today with  
coach Destiny Hurst  
**(623) 584-0065**

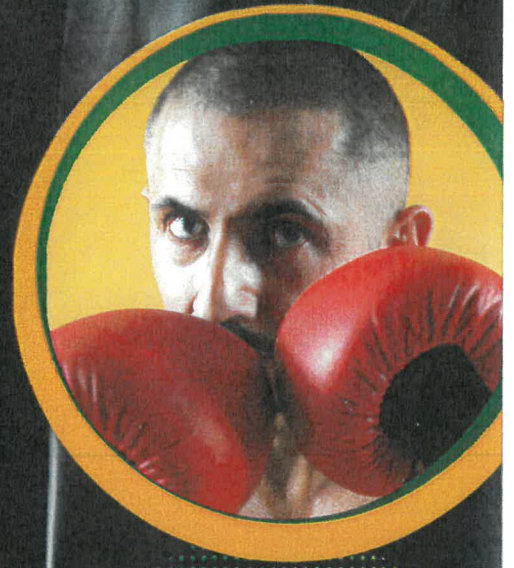
(Included in personal training packages)



 16752 Greasewood St.  
Surprise, AZ 85378

 [BenefitnessGym.org](http://BenefitnessGym.org)





**ROCK STEADY  
BOXING**

# ROCK STEADY SATURDAY

*Join us on the 2nd Saturday of  
each month at 10:00 am*

Boxing drills, techniques, and exercises proven to improve mobility, strength, stability, coordination, and more!!

- ✓ Circuit-based workout
- ✓ All equipment provided - Bring water and towel
- ✓ Space is limited - Reservations required
- ✓ Benefitness membership not required

**ALL LEVELS WELCOME**

Reserve Your  
Spot Today!

**\$10/Session**

**GET STARTED**

**623 584-0065**

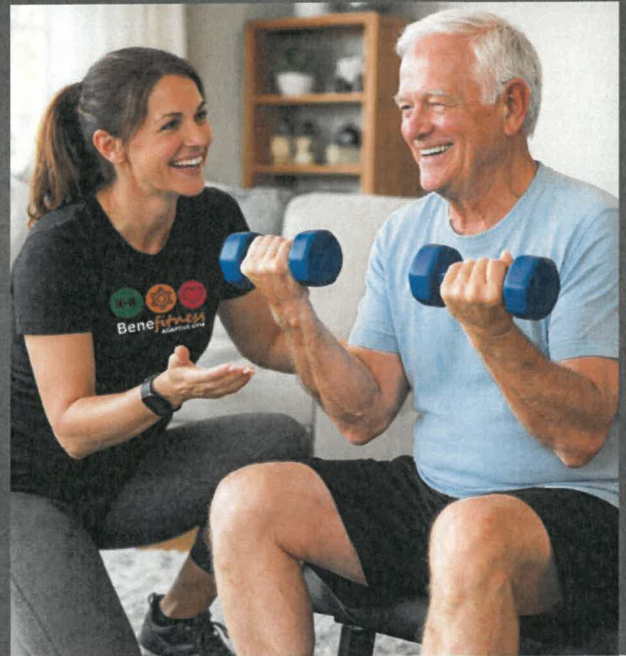
**Call to Register**

**16752 Greasewood Street, Surprise, AZ 85378**

[www.Benefitnessgym.org](http://www.Benefitnessgym.org)

# In-Home Personal Training Is Here!

No gym. No travel. Just expert guidance at home. *Benefitness* Adaptive Gym offers personalized, one-on-one training to help you stay strong, mobile, and independent without the commute.



## Your Fitness. Your Home. Your Pace.

Enjoy a **FREE** Personal Training Consultation to discuss your goals, abilities, and needs.

**Call (623) 584-0065**



**Benefitness**  
ADAPTIVE GYM

**Benefitnessgym.org**

**16752 Greasewood Street, Surprise, AZ 85378**

# SAVE THE DATE



## OCTOBER 8TH 2026

## CAREGIVER CONNECT



ENGAGE.



EXPLORE.



LIVE EMPOWERED.



**DATE**

Thursday, October 8th



**TIME**

9:00 am - 1:00 pm



**LOCATION**

Radiant Church  
10701 W Boswell Blvd,  
Sun City, AZ 85373



STAY TUNED FOR DETAILS

[www.Benevilla.org](http://www.Benevilla.org)



**Benevilla**<sup>®</sup>

Proudly partnered to offer

# GUIDE

No-Cost Dementia Care

*America's Choice in Home Care*



- ✔ Has dementia (a diagnosis can be provided)
- ✔ Is enrolled in Medicare Parts A & B (Traditional Medicare)
- ✔ Is NOT on hospice or living in skilled nursing care

To qualify for no-cost 1:1 private caregiving respite, patients must have moderate to severe dementia, & a family/unpaid caregiver.

Pocket RN



To learn more,  
call: 623-476-7882





# DEMENTIA CAREGIVER SUPPORT GROUP MEETING

Sun Health understands how important it is for caregivers, like you, to get the support you need.

Open to the community (caregivers only) and FREE of charge. No RSVP needed.

Every First and Third Wednesday  
3 - 4 p.m. *(in person)*

Grandview Terrace Health & Rehabilitation Center  
Community Education Room  
14505 W. Granite Valley Drive  
Sun City West, AZ 85375



**Sun Health**™  
WELLNESS

For more information, call (623) 471-9300