

Sun Health Wellness: Personalized Support

The registered dietitians, exercise physiologist, health coach and wellness specialist at Sun Health offer a variety of individual consultation services to help improve your overall wellbeing.

NUTRITION

- Nutrition consultation
- Body composition analysis
- Weight loss consultation and plan

FITNESS

- Fitness evaluation and personal fitness plan
- Fitness training
- Fall avoidance review
- Balance assessment and training program

ACUPUNCTURE

- Provides pain relief
- Lessens headaches, especially migraines
- Treats neurological and muscle disorders
- Helps with digestive disorders and more

MASSAGE

- Swedish
- Deep tissue
- Lymphatic
- Trigger point
- Sports

Nourish your *wellbeing*

To inquire about Sun Health Wellness services:
(623) 832-9355 | SunHealthWellness.org

Sun Health Wellness: Classes & Tools

Our health education and fitness classes and online tools are designed to help you learn about health conditions, discover new trends in prevention and treatment, improve strength and flexibility, and more.

GROUP CLASSES

- Diabetes Self-Management Education
- National Diabetes Prevention Program (Prediabetes)
- A Matter of Balance

WELLNESS CLASSES

- Mindfulness
- Meditation
- Healthy aging
- Brain health
- Heart health
- Nutrition

ONLINE WELLNESS TOOLS

Whether you're interested in losing weight, coping with stress, managing a chronic illness, reducing worry and depression, or learning ways to boost your health, happiness and personal performance, you'll find confidential and complimentary self-directed solutions on our website.

1. Visit **SunHealthWellness.org**
2. Under the "Resources" dropdown menu, click "Online Mind-Body Programs" and as a New User, enter Wellness Code "SH WELLNESS" to create an account

- Resiliency
- Anxiety/Panic
- Chronic illness
- Addiction
- Depression
- Anger
- Smoking
- Life stress

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