



# Optum – Arizona Community Centers

**Optum**



# Keeping you healthier

## Enjoy a place where you belong: Optum Community Centers

Our Optum Community Centers can be found throughout the state. We have sites in Phoenix and Tucson, plus our newest one in Surprise. They're perfect resources to help seniors through their health journey.

We have classes such as chair yoga, Zumba, Pilates and more. They're all led by experts in their fields. We also offer book clubs and foreign language workshops. You can even take technology classes to help you learn new skills. And it all takes place in a fully social place. This helps you foster friendships both old and new.

Simply put: Staying active and engaged with others is one of the best ways to boost your health. It can even help you live longer.

## About our community centers

Helping you stay healthy, happy and active is what we're about.

### Our centers offer:



A fitness center featuring air-powered workout equipment – all abilities welcome.



A multi use classroom for mind and fitness classes.



A living room space. It's a great place to hang out with friends, grab a free drink or relax between classes.

# Whole you support, all under one roof

Each community center offers programs to support you as a whole person.

## Emotional

Explore mindfulness and self-help classes. Learn skills to lower stress, improve mental health and make healthy habits. Within our center walls, you'll find a caring community to lean on when you need it.

---



## Intellectual

Keep your mind sharp with language classes. Or find your new favorite author with our book club.

---



## Physical

We've got fitness classes for every level. Get your heart pumping with fun cardio, balance or strength workouts.

---



## Social

Your social circle is about to get bigger. Make new friends and catch up with the ones you already know. Join a game or group class. The opportunities to come together are endless.



# Visit the Optum Community Center nearest you

Scan the QR code below to view upcoming events at each community center.



**1. Central Phoenix**  
1125 E. Glendale Ave.  
Phoenix, AZ 85020



**2. Chandler**  
985 W. Chandler Heights Rd., Ste. 12  
Chandler, AZ 85248



**3. Deer Valley**  
20414 N. 27th Ave., Ste. 100  
Phoenix, AZ 85027



**4. East Mesa**  
6005 E. Southern Ave.  
Mesa, AZ 85206



**5. Goodyear**

1981 N. Pebble Creek Pkwy., Ste. 8  
Goodyear, AZ 85395



**6. Surprise**

15800 N. Lichfield Rd.  
Surprise, AZ 85374



**7. Tucson**

4780 E. Grant Rd.  
Tucson, AZ 85712

# Locations



 Optum Community Center

# How an Optum Community Center changed Margaret's life

Sometimes one choice can change your life. With the help of her doctor and community center, Margaret changed her life for the better.

Throughout the years, Margaret has been through mental hardships. In 1999, her life was turned upside down when her dad passed away, and in 2002, her mom passed away. Then shortly after, her friend passed away.

Margaret found herself struggling mentally. To make matters worse, her health started to decline. She had 3 surgeries, 3 years in a row.



## The choice that changed her life

At every visit, Dr. Goldansky handed Margaret a flyer about her local Optum Community Center.

Margaret chose to ignore the flyer, until one day something clicked. She was driving by the community center.

She took a chance and went in. And she hasn't looked back since.

For Margaret, Optum is a place where you can walk in and the team just takes care of you. Our doctors' approach to care isn't someone just punching the numbers. It's thinking about the whole person.

Margaret loves to be a part of the community. "I just found a place here that makes me happy, that keeps me going. It makes me want to be a better person. I want to be active in the community."

She goes to the center 4 times a week. She puts a smile on everyone's face when she enters the room. She even met some of her best friends at the center.

"The community center gave her a family. People know who she is when she walks into the community center. She has a great social circle," says Dr. Goldansky. "She looks forward to going there every week."

I just found a place here that makes me happy, that keeps me going. It makes me want to be a better person. I want to be active in the community.

-Margaret



Check out our virtual community center at [optum.com/virtualcommunitycenter](https://optum.com/virtualcommunitycenter)



PO Box 43350  
Phoenix, AZ 85080

Any person depicted in the stock image is a model.

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free number listed on your ID card.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

© 2024 Optum, Inc. All rights reserved. TCD23729 08/24