

# AUGUST 2018

Health Lectures • Fitness Classes • Wellness Events

La Encantada Shopping Center, upper level  
2905 East Skyline Drive, Suite 277  
520-324-CORE (2673)  
[www.TheCoreTMC.com](http://www.TheCoreTMC.com)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Fitness Classes are just \$5!  
Wellness Events are free unless otherwise noted.

**RSVP at [www.TheCoreTMC.com](http://www.TheCoreTMC.com)**

**Free Class • Wellness Event**

**Core Pilates 11:30A** **5**  
Tai Chi 1:30P

**6** Yoga Basics 8A **7**  
Core & Flex 9:30A  
**Arizona Healthcare Executives: Fostering Inclusion of LGBT Patients & Employees 5P \*Registration Req.**

**Yoga with The J 9A** **1**  
Hatha Yoga Foundations 11A  
**BAG IT! Donor Reception 4:30-6:30P**

Yoga Basics 8A **2**

Intermediate Tai Chi **3**  
9:30A  
Beginning Tai Chi 10:45A

**Young Yogis – Ages 3-5 y/o 9A** **4**  
*\*Registration Req.*  
HIIT 10:30A  
Let's Get Lean 11:30A

**Core Pilates 11:30A** **12**

**13** Yoga Basics 8A **14**  
Core & Flex 9:30A

**Zumba with The J 9A** **8**  
Hatha Yoga Foundations 11A  
**Orthobiologics: A Look at Regenerative Medicine 5:30P**

Yoga Basics 8A **9**  
Strength & Balance 9:30A

Intermediate Tai Chi **10**  
9:30A  
Beginning Tai Chi 10:45A

**Young Yogis – Ages 3-5 y/o 9A** **11**  
*\*Registration Req.*  
HIIT 10:30A  
Let's Get Lean 11:30A

**Core Pilates 11:30A** **19**

**20** Yoga Basics 8A **21**  
Core & Flex 9:30A  
**Planting the Seed for a Healthy Diet 3:30P**

**Yoga with The J 9A** **22**  
Hatha Yoga Foundations 11A

Yoga Basics 8A **16**  
Strength & Balance 9:30A

Intermediate Tai Chi **17**  
9:30A  
Beginning Tai Chi 10:45A

**Young Yogis – Ages 3-5 y/o 9A** **18**  
*\*Registration Req.*  
HIIT 10:30A  
Let's Get Lean 11:30A

**Core Pilates 11:30A** **26**  
Tai Chi 1:30P

**27** Yoga Basics 8A **28**  
Core & Flex 9:30A

**Zumba with The J 9A** **29**  
Hatha Yoga Foundations 11A

Yoga Basics 8A **30**  
Strength & Balance 9:30A

Intermediate Tai Chi **24**  
9:30A  
Beginning Tai Chi 10:45A

**Young Yogis – Ages 3-5 y/o 9A** **25**  
*\*Registration Req.*  
HIIT 10:30A  
Let's Get Lean 11:30A






# August 2018



## BAG IT! Donor Reception Wednesday, August 1 // 4:30-6:30 p.m.



**BAG IT**  
**Donor Reception**

**Wednesday, Aug. 1**  
The Core at La Encantada  
4:30-6:30 p.m. Drop-in  
**RSVP Requested  
by July 27**

*Light refreshments provided*

## Young Yogis Toddler Yoga Series – Kids ages 3-5

**Starts Saturday, August 4 // 9 a.m.**  
**8-week series // \$50 per pair**

Join certified ChildLight yoga instructor Carolyn Reece for Young Yogis, a 8-week movement series for children ages 3-5. Young Yogis will have a blast strengthening their bodies through yoga, games, and movement! Class begins with a mindful moment before we take an adventure on our yoga mats. This class is part of a series and does not take drop in guests.

- Equipment and supplies provided.
- No yoga experience needed.
- Caregiver participation required.
- This class is designed for one child and one caregiver pairs, thank you!

## Arizona Healthcare Executives

Fostering Inclusion of LGBT Patients and Employees,  
1.5 Hours CEUs

**Tuesday, August 7 // 5-7 p.m., \$**

Healthcare equality for all people is a guiding principle of the healthcare management profession. However, discrimination towards the LGBT community continues in the healthcare environment today. This panel discussion will focus on the need to strengthen the pursuance of equity of care and to foster inclusion of LGBT patients and employees.

**This is a for-fee event and registration is required to attend. Please visit [www.thecoretmc.com](http://www.thecoretmc.com) for registration details.**

## Orthobiologics: A Look at Regenerative Medicine

TAD DEWALD, M.D., Tucson Orthopaedic Institute

**Wednesday, August 15 // 5:30 p.m.**

Sometimes the answers to chronic injuries can be found in our very own bodies. Orthobiologics, platelet rich plasma and stem cells are just a few of the natural tools our bodies provide to treat injury without resorting to surgery. Join Dr. Tad DeWald, a noted expert on regenerative medicine procedures, for a fascinating look into 21st century medicine!

## Planting the Seed for a Healthy Diet

MARY ATKINSON, TMC Director of Wellness & RD  
LAURIE LEDFORD, RD

**Tuesday, August 21 // 3:30 p.m.**

Plant-based and vegan diets are becoming increasingly popular, but are they the right choice for everyone? Join Mary Atkinson and Laurie Ledford, registered dietitians at TMC, and learn how to incorporate more plants into your routine without the drastic changes many of these diet plans suggest. With a few adjustments to your dietary habits, you'll be on the fast track to more plants in your daily diet and improved overall health.

**Find us on Facebook and  
Instagram so you can stay  
connected to The Core  
wherever you go!**



**Facebook Page:  
The Core at La Encantada**



**Instagram: @TheCoreTMC**

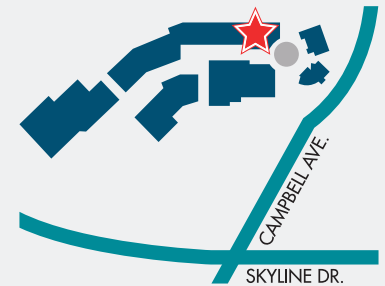
**RSVP at [www.TheCoreTMC.com](http://www.TheCoreTMC.com)**

Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

The Core continues that commitment to improving the health and well-being of our community by creating a venue to engage you and your family, while empowering you with the tools to take control of your health:

- Doctor Presentations
- Health Lectures
- Fitness Classes
- Wellness Activities
- Nutrition Assessments & Health Coaching
- Access to Medical Records & Health Information

Our approach is personalized to your individual goals and will complement the relationship with your physician.



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