

FEBRUARY 2018

New & Additional Fitness Classes! Health Lectures & Wellness Events!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



				Yoga Basics 9A Strength & Balance 10:30A	1	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	2	New Class! HIIT 10:30A New Time! Let's Get Lean 11:30A Free! Zumba 12:45P	3			
		Core & Flex 9:30A Cardio Sculpt 10:30A ♥ Heart Attack & Stroke: Spot the Signs, Know the Difference 5:30P	6	Free! Body Shape with The J 9A New Time! Intro to Flow Yoga 11A Linking Hearing Loss to Cognitive Decline 5:30P	7	Yoga Basics 9A Strength & Balance 10:30A ♥ Prevention is the Start to a Healthy Heart 3:30P Healthy Knees & Hips 5:30P	8	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	9	New Class! HIIT 10:30A New Time! Let's Get Lean 11:30A Free! Zumba 12:45P	10	
Tai Chi 1:30P	11	12	Core & Flex 9:30A Cardio Sculpt 10:30A ♥ Heart-Centered Meditation 5:30P	13	Free! Gentle Yoga with The J 9A New Time! Intro to Flow Yoga 11A	14	Yoga Basics 9A Strength & Balance 10:30A	15	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	16	New Class! HIIT 10:30A New Time! Let's Get Lean 11:30A Free! Zumba 12:45P	17
Tai Chi 1:30P	18	19	20	21	Free! Body Shape with The J 9A New Time! Intro to Flow Yoga 11A Pediatric Anesthesia, What to Expect 5:30P	22	Yoga Basics 9A Strength & Balance 10:30A	23	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	24	New Class! HIIT 10:30A New Time! Let's Get Lean 11:30A	25
25	26	Core & Flex 9:30A Cardio Sculpt 10:30A	27	Free! Gentle Yoga with The J 9A New Time! Intro to Flow Yoga 11A ♥ Solutions for Heartburn & Reflux 5:30P	28	<p align="center">Fitness Classes are just \$5! Wellness Events are free unless otherwise noted. RSVP at www.TheCoreTMC.com ♥ Free Heart Healthy Event Free Class! • Wellness Event</p>						



FEBRUARY 2018

February Wellness Challenge:

Complete the following and be entered to win great prizes! We track your progress, just let us know you're participating.



1. Attend one Heart Health Month featured wellness event. ♥

2. Attend any 2 fitness classes of your choice at The Core.

3. Fill out a Guest Feedback Form at The Core front desk! We love hearing from you!

♥ Heart Attack & Stroke: Spot the Signs, Know the Difference

Tuesday, Feb. 6, 5:30 p.m.

Renee McAloney, BSN, RN, CNRN & Erica Sears, BSN, RN

Join Renee McAloney, Stroke Program Coordinator, and Erica Sears, Chest Pain & Structural Heart Coordinator, as they break down the differences between heart attack and stroke. Identify the need to know info, main risk factors, signs and symptoms and what you should do if someone is having either.

Did You Hear? Linking Hearing Loss to Cognitive Decline

Wednesday, Feb. 7, 5:30 p.m.

Abraham Jacob, MD, Center for Neurosciences

Nearly two-thirds of Americans will suffer some degree of hearing loss by the time they are in their 70s. While troublesome, the Hearing Loss Association of America says it may come with an even higher risk – cognitive problems and possibly memory loss.

Join Abraham Jacob, MD, for updates on the groundbreaking research linking hearing loss and cognitive decline.

♥ Prevention is the Start to a Healthy Heart

Thursday, Feb. 8, 3:30-4:45 p.m.

Mike Urquhart, Exercise Physiologist

Join us as we welcome back Mike Urquhart, Exercise Physiologist for TMC's Cardiac Rehab Program and former fitness instructor at The Core. Mike will guide you through different tips and tricks to get your preventative heart health game on track. And just for old-time's sake, we'll follow up his talk with some exercise! Please come dressed for activity and be ready to work up a sweat!

Healthy Knees & Hips

Thursday, Feb. 8, 5:30 p.m.

Ali H. Dalal, MD, Tucson Orthopaedic Institute

Life is full of aches and pains, your joints to have to one of them. Join Ali H. Dalal, MD, for an interactive discussion on preventative measures for joint health, advancements in joint replacement technology and an overview of the latest Mako Robotic-Arm Assisted Technology. Faster recovery and reduced joint pain are more accessible and achievable than ever before!

♥ Heart-Centered Meditation

Tuesday, Feb. 13, 5:30 p.m.

Amanda Freed, CMT

Exhausted from spending most of your time in your head? In the heart of each of us, is a place of calm and peacefulness. Join Amanda Freed, Certified Meditation Coach, and explore the different ways to return to the heart of you at any time you wish.

Pediatric Anesthesia, What to Expect

Wednesday, Feb. 21, 5:30 p.m.

Allison Greening, MD, Board Cert. Pediatric Anesthesiologist

Dan Hughes, MD, Board Cert. Pediatric Anesthesiologist

Amy Fregonese, MA, CCLS

Join Old Pueblo Anesthesia pediatric anesthesiologists, Dr. Allison Greening and Dr. Dan Hughes, as well as Child Life Specialist Amy Fregonese, for an interactive panel on what to expect with pediatric anesthesia. Everything from what a Child Life Specialist at TMC does to help you prepare your child for surgery, what a day will look like from pre-op to the recovery room, as well as up to date information on the safety and risks of anesthesia and children.

♥ Solutions for Heartburn & Reflux

Wednesday, Feb. 28, 5:30 p.m.

Dawn Elliott, MD, Saguardo Surgical

Do you experience frequent heartburn, reflux or indigestion? Join Dawn Elliot, MD, for an interactive discussion on what you can do to manage your GERD. From symptoms to causes, effective diet and lifestyle changes, medication options as well as state of the art LINX robotic surgery, there's plenty of solutions for you to explore.

Fitness Class Updates

Class Time Changes:

Intro to Flow Yoga
Wednesday at 11 a.m.

Let's Get Lean
Saturday at 11:30 a.m.

Zumba
Saturday at 12:45 p.m.

New Class:

HIIT (High Intensity Interval Training)
Saturday at 10:30 a.m.



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.



La Encantada Shopping Center
upper level

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