

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

RSVP at 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

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

Body Combat with The J 9A 15
Hatha Yoga Foundations 11A
Orthobiologics: A Look at Regenerative Medicine 5:30P

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

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

Yoga Basics 8A 23
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

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

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

Intermediate Tai Chi 31
9:30A
Beginning Tai Chi 10:45A






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 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

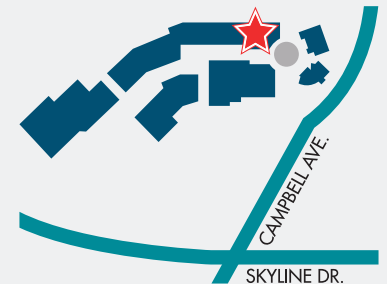
RSVP at www.TheCoreTMC.com

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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