

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



<p>Fitness Classes are just \$5! Wellness Events are free unless otherwise noted. RSVP at www.TheCoreTMC.com Free Class! • Wellness Event</p>				<p>Yoga Basics 9A 1 Strength & Balance 10:30A</p>	<p>Intermediate Tai Chi 9:30A 2 Beginning Tai Chi 10:45A</p>	<p>HIIT 10:30A 3 Let's Get Lean 11:30A</p>
<p>Tai Chi 12:30P 4 Healthy Pregnancy Class 2P</p>	<p>5</p>	<p>Core & Flex 9:30A 6 Cardio Sculpt 10:30A Managing Your Allergies: Nothing to Sneeze At 5:30P</p>	<p>Move with The J 9A 7 Hatha Yoga Foundations 11A TMC Employee New Mover Mixer 5:30P</p>	<p>Yoga Basics 9A 8 Strength & Balance 10:30A New Class! Exercise for Bone & Joint Health Series 5:30P <i>*Registration Req., fees apply.</i></p>	<p>Intermediate Tai Chi 9:30A 9 Beginning Tai Chi 10:45A</p>	<p>HIIT 10:30A 10 Let's Get Lean 11:30A</p>
<p>Tai Chi 12:30P 11 Toxins in Your Home 2P</p>	<p>12</p>	<p>Core & Flex 9:30A 13 Cardio Sculpt 10:30A</p>	<p>Move with The J 9A 14 Hatha Yoga Foundations 11A</p>	<p>Yoga Basics 9A 15 Strength & Balance 10:30A New Class! Exercise for Bone & Joint Health Series 5:30P <i>*Registration Req., fees apply.</i></p>	<p>16</p>	<p>HIIT 10:30A 17 Let's Get Lean 11:30A</p>
<p>18</p>	<p>19</p>	<p>New Class! 20 Yoga Basics 8A Core & Flex 9:30A Cardio Sculpt 10:30A Happiness as an Inside Job 5:30P</p>	<p>Move with The J 9A 21 Hatha Yoga Foundations 11A Overcoming Overuse Injuries 5:30P</p>	<p>Yoga Basics 9A 22 Strength & Balance 10:30A New Class! Exercise for Bone & Joint Health Series 5:30P <i>*Registration Req., fees apply.</i></p>	<p>23</p>	<p>HIIT 10:30A 24 Let's Get Lean 11:30A Find Your Kind with Ben's Bells 3P Ben's Bells Pop-Up Shop 3-7P</p>
<p>Check Out The March Wellness Challenge!</p>		<p>New Class! 27 Yoga Basics 8A Core & Flex 9:30A Cardio Sculpt 10:30A</p>	<p>Move with The J 9A 28 Hatha Yoga Foundations 11A Gutting Down to Business: How to Get a Healthy Gut 5:30P</p>	<p>Yoga Basics 9A 29 Strength & Balance 10:30A New Class! Exercise for Bone & Joint Health Series 5:30P <i>*Registration Req., fees apply.</i></p>	<p>Intermediate Tai Chi 9:30A 30 Beginning Tai Chi 10:45A</p>	<p>HIIT 10:30A 31 Let's Get Lean 11:30A</p>

MARCH 2018

March 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 two different fitness classes.

2. Attend a wellness lecture of your choice!

3. Complete all three, be entered to win the monthly Wellness Challenge prize drawing!

Healthy Pregnancy Class Sunday, March 4, 2-3:30 p.m.

Join Margie Letson, childbirth educator and certified doula, for our FREE Healthy Pregnancy at The Core. Learn about fetal development, nutrition, exercise, physical and emotional changes during pregnancy plus tips to have the healthiest pregnancy possible for you and your baby.

Managing Your Allergies: Nothing to Sneeze At Tuesday, March 6, 5:30 p.m.

Jennifer Yi, PharmD., TMC
Join Jennifer Yi, PharmD. at TMC, for tips on how to manage your allergies symptoms year-round. Different types of antihistamines, understanding side effects, medication safety and alternative options to outside of medicine will have you outdoors and in control of your allergy symptoms!

Exercise for Bone & Joint Health: 4-week series Begins Thursday, March 8, 5:30 p.m.

Join Joanna Dinan for our inaugural 4-week exercise series, "Exercise for Bone & Joint Health". Each 90-minute session is designed to educate and inform you on

exercises and lifestyle changes to help develop your strength training routine. Combining dialogue, demonstration and participation in exercises each week, you'll get the tools you need to practice at home in-between sessions.

Mrs. Green's World – Toxins in Your Home Sunday, March 11, 2:00 p.m.

Mrs. Green's World
Join Mrs. Green, Gina Murphy-Darling, for an interactive presentation highlighting details about toxins we unintentionally bring into our homes with everyday items. From air fresheners to household cleaners, new carpet and window coverings, you'll be surprised to learn what really does lie beneath!

Happiness as an Inside Job Tuesday, March 20, 5:30 p.m.

Amanda Freed, CMT
Join Amanda Freed, CMT, for a fun and informative session about finding happiness from within. Learn easy techniques and mindfulness exercises to recognize the wellspring of joy that lives in the core of each of us.

Attend "Happiness as an Inside Job" and get \$10 off our Mindfulness Meditation Workshop starting April 8, 2018!

Overcoming Overuse Injuries Wednesday, March 21, 5:30 p.m.

Tad DeWald, MD, Sports Medicine
Join Dr. Tad DeWald, from Tucson Orthopaedic Institute, and get a head start on stopping common overuse injuries. Tips to keep your body strong, an overview of overuse injuries, plus when it may be good to get a doctor's opinion on an injury that won't go away.

Ben's Bells Kindness Lecture and Pop-Up Shop @ The Core

Saturday, March 24,
3 p.m.: "Find Your Kind"
with Jeannette Maré,
Ben's Bells Founder and
Executive Director

The pop-up shop will kick off with a free lecture, "Find Your Kind", with Jeannette Maré. Join us and explore the power of intentional kindness to transform our communities. Using humor and storytelling, Jeannette will share her experiences with kindness, and how we can work together to make our communities stronger and more connected.



3-7 p.m.: The Core is happy to have Ben's Bells in-store for a pop-up shop from 3-7 p.m. Stop in, shop around and get inspired to find your kind! 100% of the proceeds benefit Ben's Bells.

Gutting Down to Business: How to Get a Healthy Gut Wednesday, March 28, 5:30 p.m.

Research shows your gut health affects your physical health, mental clarity and nutritional status. So what can you do to get your gut healthy? Join students from the University of Arizona Nutritional Sciences department for a breakdown on gut health and discover how different foods can feed your gut, leading to a happier, healthier you!



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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