



NOVEMBER 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 Lecture • Free Fitness Class • Wellness Events & Series



Core Pilates 11:30A
Healthy Pregnancy Class 2P

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

Core Pilates 11:30A
Plastics & Your Health: What is the Connection? 2P

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

Yoga Basics 8A
Core & Flex 9:30A

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Core & Flex 9:30A

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Core & Flex 9:30A

Yoga Basics 8A
Core & Flex 9:30A

Zumba with The J 9A
NEW!
Gentle Yoga 11A
Advancements in Treatment for Enlarged Prostate 5:30P

Gentle Yoga with The J 9A
NEW!
Gentle Yoga 11A
3D Printed Custom Knee Replacement 5:30P

CLOSED

Body Sculpt with The J 9A
NEW!
Gentle Yoga 11A

Yoga Basics 8A
Strength & Balance 9:30A

Yoga Basics 8A
Strength & Balance 9:30A

Yoga Basics 8A
Strength & Balance 9:30A

CLOSED

Yoga Basics 8A
Strength & Balance 9:30A

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

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Black Friday Birthday Tailgate Party 12-4P

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

Family Yoga \$ 9A
**Registration Req.*
High Intensity Interval Training 10:30A
Let's Get Lean 11:30A
Meditation for Modern Times \$ 1P

Family Yoga \$ 9A
**Registration Req.*
Interval Training 10:30A
Let's Get Lean 11:30A

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Let's Get Lean 11:30A



NOVEMBER 2018

Family Yoga 4-Week Series:

Kids ages 5-10 years

Starts Saturday, Nov. 3 • 9A \$

Nurture the entire family with fun, strength, relaxation, and laughter with Family Yoga at The Core! Enjoy happy and healthy quality time together in a family yoga class facilitated by Carolyn Reece, Certified ChildLight Yoga Instructor. No yoga experience is needed, only the desire to have fun and grow as a family!

Meditation for Modern Times

Saturday, Nov. 3 • 1 p.m. \$

Studies show that meditation is a powerful practice for regaining a sense of calm, happiness and optimism for you and those around you. The Core is happy to offer a monthly guided meditation with Amanda Freed, Certified Meditation Coach. Whether you're new to meditation or an experienced pro, you'll be focused and ready for the week ahead.

Healthy Pregnancy Class

Sunday, Nov. 4 • 2 p.m.

Join Margie Letson, childbirth educator and certified doula, for the TMC Healthy Pregnancy class at The Core. Learn about fetal development, nutrition, exercise, physical and emotional changes during pregnancy and tips to have the healthiest pregnancy possible!

NOVEMBER MEDICAL LECTURES

AT THE CORE

Advancements in Treatment for Enlarged Prostate

Wednesday, Nov. 7 • 5:30 p.m.



Tristan Berry, M.D.

Southwest Premier Urology

3D Printed Custom Knee Replacement

Wednesday, Nov. 14 • 5:30 p.m.




Ali H. Dalal, M.D.

Tucson Orthopaedic Institute

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

Plastics & Your Health: What's the Connection?

Sunday, Nov. 18 • 2 p.m.

Headlines about plastics showing up in our oceans, our over-use of plastic straws, entire cities banning plastic bags, and plastics threatening wildlife are at an all-time high. Are there ways that our contact with plastic might be impacting our personal health – not just the health of the planet?

Join Mrs. Green from Mrs. Green's World and take the deep dive into plastic pollution! This educational and interactive session will inspire and motivate you to create change around your use of plastics for the benefit of your health and our planet.

The Core: 4th Birthday Black Friday Tailgate Party

Friday, Nov. 23 • 12 - 4 p.m.

Join us at The Core for an afternoon of fun as we celebrate The Core's 4th Birthday and the arrival of TMC CareNow – virtual visits with a doctor from the comfort of your own home!

- Cornhole, Jenga, & Ladder Toss competition
- Raffle Prizes & Giveaways
- Discounts for CareNow Telemedicine Visits
- Tailgate snacks, popcorn and football games!

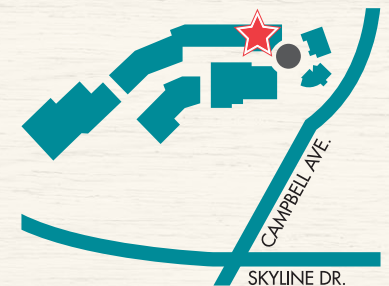


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

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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upper level

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