

SEPTEMBER 2018

Meditation for Modern Times **Saturday, Sept. 1 // 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.

Get Back in the Game with Tucson Orthopaedic Institute **Saturday, Sept. 8. // 1-3:00 p.m.**

Tucson Orthopaedic Institute and The Core want you to stay injury free and in the game all season long! Join us for an afternoon of family-friendly activities highlighting what young athletes can do to stay healthy, focused and strong year round.

Events Include:

- 20-minute talks on common sports injuries, Cryotherapy and stretches for injury prevention
- Health recipes, sports nutrition info and pre and post workout snack samples
- Raffle prizes, giveaways and more!

SANDS presents Kelly's Hollywood: A Story of Hollywood Dreams, Down Syndrome & Family Love **Sunday, Sept. 9 // 4:00 p.m.**

SANDS is happy to welcome filmmaker Brian Donovan to Tucson for a rare screening of his award winning film Kelly's Hollywood, seen on Showtime Networks. Join us at The Core for a screening of this film that takes a vulnerable and authentic look at the relationship between him and his little sister, Kelly, a beautiful woman with a deep longing to be a Hollywood star.

Sleep & Your Health **Wednesday, Sept. 12 // 5:30 p.m.**

Join TMC Neurodiagnostics Manager, David Sholes, for an overview of just how important sleep can be for your health. Take a look at what "normal" sleep looks like, common sleep disorders, tips for a better sleep environment and when it may be time to talk to a specialist about your restless nights.

Healing Power of Pet Therapy **Saturday, Sept. 15 // 2 p.m.**

The Core is happy to have Diane Alexander from Pet Partners of Southern Arizona and Mary Atkinson, Director of Wellness at TMC present on the healing power of pet therapy and what Pet Partners of Southern AZ can do to help you and your pet get registered as a therapy team.

Financial Health: A Planning Check-Up with the TMC Foundation **Tax Savings for 2018: Strategies to save you money** **Tuesday, Sept. 18 // 11 a.m.**

Speaker: Leah Geistfeld

CTFA, Trust Officer, Mission Management & Trust Company

Speaker: Julie Wolfe Beadle

Director, Major Gifts, TMC Foundation

Learn how to plan for lifetime income, save on your taxes, help a charity and save on your bottom line in 2018. Discussion will include looking at what strategies work best and what is the most common problems tax payers encounter.

The Key to Happy Feet **Wednesday, Sept. 19 // 5:30 p.m.**

Join Dr. Eric Ancil, MD at Tucson Orthopaedic Institute, for a discussion highlighting how you can conquer common foot and ankle ailments. Whether it's hammer toes or bunions, you'll be amazed to learn about preventative measures, treatment options and advancements in foot surgeries available to you.

Healthy Pregnancy Class **Sunday, Sept. 23 // 2 p.m.**

Join Margie Letson, Childbirth Educator and Certified Doula, for our free Healthy Pregnancy class at The Core. Learn about fetal development, nutrition, exercise, physical and emotional changes during pregnancy and more!

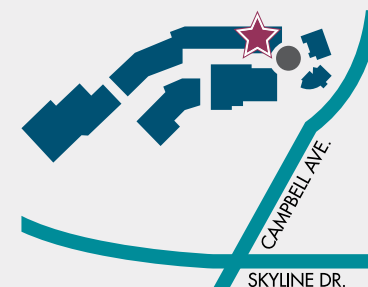


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

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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