

# April 2019

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](http://www.TheCoreTMC.com)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**1** Yoga Basics 8A  
Core & Flex 9:30A

**2** **Yoga with the JCC 9A**  
Gentle Yoga 11A  
**The Healing Power of Pet Therapy 5:30P**

**3** Yoga Basics 8A  
Strength & Balance 9:30A  
**Prenatal Yoga 4-Week Series \$ 4:30P reg. req.**

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

**5** **Young Yogis Toddler Yoga 9A reg. req.**  
High Intensity Interval Training 10:30A  
Let's Get Lean 11:30A  
Meditation for Modern Times 1P

Core Pilates 11:30A  
**Grief Education Workshop with Tu Nidito 2P**

**7** **8** Yoga Basics 8A  
Core & Flex 9:30A

**9** **Zumba with the JCC 9A**  
Gentle Yoga 11A  
**My Shoulder Hurts! Common Shoulder Problems in Active Adults 5:30P**

**10** Yoga Basics 8A  
Strength & Balance 9:30A  
**Prenatal Yoga 4-Week Series \$ 4:30P reg. req.**

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

**12** **Young Yogis Toddler Yoga 9A reg. req.**  
High Intensity Interval Training 10:30A  
Let's Get Lean 11:30A

Core Pilates 11:30A  
**Committing to a Healthy Planet and a Healthy You with Mrs. Green's World 2P**

**14** **15** Yoga Basics 8A  
Core & Flex 9:30A

**16** **Body Sculpt with The JCC 9A**  
Gentle Yoga 11A  
**Interventional Spine Options for the Aging Spine 5:30P**

**17** Yoga Basics 8A  
Strength & Balance 9:30A  
**Prenatal Yoga 4-Week Series \$ 4:30P reg. req.**

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

**19** **Young Yogis Toddler Yoga 9A reg. req.**  
High Intensity Interval Training 10:30A  
Let's Get Lean 11:30A

**21**  
Closed  
*Happy Easter*

**22** Yoga Basics 8A  
Core & Flex 9:30A  
**NEW! Mantra Meditation for Everyone 6-Week Series \$ 5:30P reg. req.**

**23** **Zumba with the JCC 9A**  
Gentle Yoga 11A

**24** Yoga Basics 8A  
Strength & Balance 9:30A  
**Prenatal Yoga 4-Week Series \$ 4:30P reg. req.**

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

**26** High Intensity Interval Training 10:30A  
Let's Get Lean 11:30A

Core Pilates 11:30A  
**SAR Running Safety and Self-Defense Class 1P**

**28** **29** Yoga Basics 8A  
Core & Flex 9:30A  
**NEW! Mantra Meditation for Everyone 6-Week Series \$ 5:30P reg. req.**



Fitness Classes are just \$5!  
Wellness Events are free unless otherwise noted.  
RSVP at [www.TheCoreTMC.com](http://www.TheCoreTMC.com)  
Free Wellness Lectures \* Free Fitness Classes  
Wellness Series

## The Healing Power of Pet Therapy

HUMAN SOCIETY OF SOUTHERN ARIZONA

Wednesday, April 3 | 5:30 p.m.

Do you have a pet that would excel as a therapy animal? Here's your perfect chance! The Core is happy to have Veronica Zimmerman from The Humane Society of Southern Arizona present on the Pet VIP certification program. Join us and learn everything you need to know to get you and your pet certified as a therapy team plus all the way therapy pets benefit the patients, families and staff at Tucson Medical Center!

## Grief Education Workshop with Tu Nidito

AMANDA MARKS, MSW, COMMUNITY IMPACT DIRECTOR

Sunday, April 7 | 2 p.m.

Sadly in the state of Arizona, 1 in 14 children will experience the death of a parent or a sibling by the time they turn 18. Family, friends and counselors often struggle to find the resources to help these children cope with their loss. For more than twenty years, Southern Arizona has relied on Tu Nidito as the experts on childhood grief, counting on the tools and resources they provide to ensure no child grieves alone. Whether you work in a profession that interacts with children regularly, or you have a child in your life that could use your support, Tu Nidito is here to help.

The Core is honored to have Amanda Marks, MSW, from Tu Nidito for a free Grief Education Workshop. This workshop will give you the tools and resources needed to support grieving children in our community at no cost to you. You'll be equipped to answer tough questions such as: "What should I say?", "What should I avoid saying?" and "Should I treat the child differently?", leaving with a better understanding on how you can make yourself available to the children that need you.

## My Shoulder Hurts!

### Common Shoulder Problems in Active Adults

TODD J. TUCKER, M.D.

Wednesday, April 10 | 5:30 p.m.



If you've ever had a shoulder injury or frequent shoulder pain, you understand the frustrations that come with not feeling 100%. At Tucson Orthopaedic Institute, you have a variety of great physicians that want to help you overcome your joint pain and get you back in the game!

Join Todd Tucker, M.D., as he discusses common causes, injury prevention and treatment of shoulder pain. With a variety of non-operative and surgical options to help you find relief, you'll leave this engaging talk knowing what all your choices are!

## Earth Day 2019: Committing to a Healthy Planet & a Healthy You

MRS. GREEN'S WORLD

Sunday, April 14 | 2 p.m.



Studies show that there is a link between our environment, human activity and your health. There is also growing research that environmental change caused by humans (land use change, wildlife trade, deforestation, climate change, and human migration) is leading to a rise in infectious and non-communicable diseases. Join Mrs. Green to learn more about this groundbreaking research, how these global environmental changes can affect your health, and what you can do to support a healthier planet and a healthier you!

## Interventional Spine Options for the Aging Spine

ROBERT J. BERENS, M.D., TMC INTEGRATIVE PAIN CENTER

Wednesday, April 17 | 5:30 p.m.



Dr. Robert J. Berens is a board-certified physician with more than 25 years of experience practicing interventional pain management. He has served as the medical director of the TMC Integrative Pain Center since 2004 and has special interest in interventional procedures, including radiofrequency techniques and nerve root treatments for the entire spine. Dr. Berens believes a pain specialist has unique opportunities to provide a wide range of treatment options that restore function and reduce pain. He recognizes that patients are the most important member of a multidisciplinary approach, and he emphasizes the importance of communicating with each patient to set clear treatment goals and expectations.

## New! Mantra Meditation for Everyone: 6-Week Series

Begins, Tuesday, April 23 | 5:30 p.m., \$

Series Dates: April 23 & 30, May 7, 14, 28, June 11



Join Amanda Freed, CMT, in this interactive series where students will explore and understand the history and goal of meditation as well as where, why, and how best to approach their individual practice. From day one of this fun, informative six session series, students will acquire the skills necessary for a simple daily meditation practice using a simple mantra (word) as a tool to focus the mind.

## Running Safety and Self-Defense Class

SPONSORED BY THE SOUTHERN ARIZONA ROADRUNNERS

Sunday, April 28 | 1 pm.

This class gives a brief overview of running safety tips provided by SAR and is followed up with a hands-on self-defense class. Participants will be shown practical self-defense techniques and will be allowed to practice these moves under the guidance of certified instructors from Combat Fit, a local agency providing self-defense training for real world environments. Participants must be at least 16 years of age. Anyone under 18 must have a parent/guardian present.

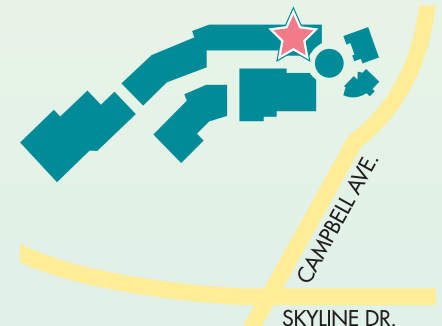


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 75 years.

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 Consults
- 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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April 2019

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