

# March 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



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

RSVP at [www.TheCoreTMC.com](http://www.TheCoreTMC.com)

Free Lectures ✦ Free Fitness Classes ✦ Wellness Series

Core Pilates 11:30A <b>3</b>	<b>4</b>	Yoga Basics 8A Core & Flex 9:30A <b>Mindful Meditation 4-Week Series \$ 5:30p *registration req.</b>	<b>Zumba with The J 9A 6</b> Gentle Yoga 11A	Yoga Basics 8A 9A <b>7</b> Strength & Balance 9:30A <b>Prenatal Yoga 4-Week Series \$ 4:30P</b>	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A <b>1</b>	<b>Young Yogis Toddler 2</b> <b>Yoga Series \$ 9A *reg. req.</b> HIIT 10:30A A Let's Get Lean 11:30 <b>It's Back!</b> Meditation for Modern Times 1P
Core Pilates 11:30A <b>10</b> Beginning Tai Chi 1:30P	<b>11</b>	Yoga Basics 8A Core & Flex 9:30A <b>12</b>	<b>Gentle Yoga with The J 9A 13</b> Gentle Yoga 11A <b>Orthobiologics: A Look at Regenerative Medicine 5:30P</b>	Yoga Basics 8A 14 Strength & Balance 9:30A <b>Prenatal Yoga 4-Week Series \$ 4:30P</b>	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A <b>8</b>	<b>Young Yogis Toddler 9</b> <b>Yoga Series \$ 9A *registration req.</b> HIIT 10:30A A Let's Get Lean 11:30
Core Pilates 11:30A <b>17</b>	<b>18</b>	Yoga Basics 8A Core & Flex 9:30A <b>19</b>	<b>Body Sculpt with The J 9A 20</b> Gentle Yoga 11A <b>Debunking Popular Food Trends 5:30p</b>	Yoga Basics 8A 21 Strength & Balance 9:30A <b>Prenatal Yoga 4-Week Series \$ 4:30P</b>	<b>15</b>	<b>Young Yogis Toddler 16</b> <b>Yoga Series \$ 9A *registration req.</b> HIIT 10:30A A Let's Get Lean 11:30
Core Pilates 11:30A <b>24</b>	<b>25</b>	Yoga Basics 8A Core & Flex 9:30A <b>26</b>	<b>Yoga with The J 9A 27</b> Gentle Yoga 11A <b>Integrative &amp; Interventional Pain Management 5:30P</b>	Yoga Basics 8A 28 Strength & Balance 9:30A <b>Prenatal Yoga 4-Week Series \$ 4:30P</b>	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A <b>29</b>	<b>Young Yogis Toddler 30</b> <b>Yoga Series \$ 9A *registration req.</b> HIIT 10:30A A Let's Get Lean 11:30
Core Pilates 11:30A <b>31</b> Beginning Tai Chi 1:30P						

# March 2019

## Meditation for Modern Times Returns! Saturday, March 2 \* 1 p.m. \$



What if there was a simple tool you could use to manage the stresses of modern times? 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.

**Upcoming Meditation Class Dates:**  
April 6, May 4 and June 1, 2019

## Prenatal Yoga Series Begins, Thursday, March 7 \* 4:30 p.m. \$ 4-week class bundle



The Core is happy to offer Prenatal Yoga, a yoga series perfectly tailored for women at all stages of pregnancy. Join **Bonnie Golden**, registered yoga teacher specializing in prenatal and postpartum yoga, as you are guided to explore and experience all the benefits yoga can bring to you and the growing life within you. This class incorporates simple meditative practices of yoga, as well as physical postures to strengthen your legs, relax your shoulders, release lower back pain, strength your core, and bring balance to your pelvic floor. You'll also learn techniques needed to administer self-massage with the Yoga Tune Up® therapy balls.

**Class dates:** March 7, 14, 21 and 28

## Orthobiologics: A Look at Regenerative Medicine Wednesday, March 13 \* 5:30 p.m.

Tad DeWald, M.D., Tucson Orthopaedic Institute



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!



## Debunking Popular Food Trends Wednesday, March 20 \* 5:30 p.m.

University of Arizona Public Health Community Nutrition Group

Join University of Arizona Nutritional Science students for an informational talk that will dispel common nutritional myths on hot topics such as the ketogenic diet, super foods, and many more!

## Integrative & Interventional Pain Management Wednesday, March 27, 5:30 p.m.

Iftequar Siddiqui, Pharm. D., M.D.



Dr. Iftequar Siddiqui specializes in providing advanced treatment options for patients who are experiencing chronic pain. With a focus on helping patients reach sustained relief as quickly as possible, Dr. Siddiqui takes the time to listen and gain a thorough understanding of each patient's medical background, needs and expectations.

He is board-certified in anesthesiology and pain management, and has extensive training administering interventional procedures and implantable therapies. In addition to his credentials as a medical doctor, he also has postgraduate degree in pharmacy, which further enhances his knowledge of medication-related treatments.

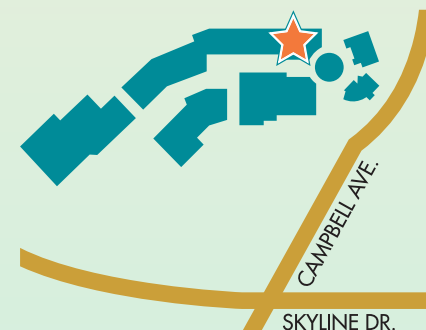


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 75 years.

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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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](#)