

February 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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Core Pilates 11:30A **3**
Healthy Pregnancy Class 2P

4

Yoga Basics 8A **5**
Core & Flex 9:30A

Gentle Yoga with the JCC 9A 6
Gentle Yoga 11A

Yoga Basics 8A **7**
Strength & Balance 9:30A

Intermediate Tai Chi 9:30A **8**
Beginning Tai Chi 10:45A

Young Yogis Toddler Yoga 2-5 y/o: 9A 2
**reg. required*

♥ High Intensity Interval Training 10:30A 9
Let's Get Lean 11:30A

Core Pilates 11:30A **10**
♥ An Inconvenient Heart Attack 2P

11

Yoga Basics 8A **12**
Core & Flex 9:30A
♥ Mindful Meditation 4-Week Series \$ 5:30P
**reg. required*

Yoga with the JCC 9A 13
Gentle Yoga 11A

Yoga Basics 8A **14**
Strength & Balance 9:30A

Intermediate Tai Chi 9:30A **15**
Beginning Tai Chi 10:45A

Young Yogis Toddler Yoga 2-5 y/o: 9A 16
**reg. required*
♥ High Intensity Interval Training 10:30A
Let's Get Lean 11:30A

Core Pilates 11:30A **17**
Tai Chi 1:30P

18

Yoga Basics 8A **19**
Core & Flex 9:30A
♥ Mindful Meditation 4-Week Series \$ 5:30P
**reg. required*

Body Sculpt with the JCC 9A 20
Gentle Yoga 11A
♥ Advancements in Cardiovascular Procedures - Your Heart is in Good Hands 5:30P

Yoga Basics 8A **21**
Strength & Balance 9:30A

Intermediate Tai Chi 9:30A **22**
Beginning Tai Chi 10:45A

♥ High Intensity Interval Training 10:30A 23
Let's Get Lean 11:30A

Core Pilates 11:30A **24**
Tai Chi 1:30P

25

Yoga Basics 8A **26**
Core & Flex 9:30A
♥ Mindful Meditation 4-Week Series \$ 5:30P
**reg. required*

Zumba with the JCC 9A 27
Gentle Yoga 11a
♥ Pain Management- Medical and Non-Invasive Options 5:30P

Yoga Basics 8A **28**
Strength & Balance 9:30A

Fitness Classes are just \$5!
Wellness Events are free unless otherwise noted.
RSVP at www.TheCoreTMC.com

Free Health & Wellness Events | Free Fitness Classes
Wellness Series | ♥ Heart Health Featured Event

Young Yogis Toddler Yoga Class

Ages 2-5 years old

Saturday, Feb. 2 and Feb. 16 // 9 a.m.

Join certified ChildLight yoga instructor Carolyn Reece for FREE Young Yogis, movement class designed for children ages 2-5. Young Yogis will have a blast strengthening their bodies through yoga, games, and movement! Class begins with a mindful moment before we take an adventure on our yoga mats.

This one time class is free of charge! We have a Young Yogis 8-week series beginning March 2.

Healthy Pregnancy Class

Sunday, Feb. 3 // 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. Plus, tips to have the healthiest pregnancy possible for you and baby! This presentation is great for anyone planning to get pregnant or currently expecting. Couples and support partners are encouraged to come together.

♥ An Inconvenient Heart Attack

Sunday, Feb. 10 // 2-3:30 p.m.



The Core is happy to have WomenHeart Champion, women's health advocate and heart attack survivor, Susan Smith, for an afternoon tea to hear her story about how having a heart attack saved her life. Susan will lead a lively discussion about the misconceptions around heart attacks in women, what signs and symptoms you should be aware of and why thousands of women ignore the signs of a heart attack every year. Join us as Susan shows you to take care of your heart now for the future. It is a powerful message about learning to "Just Be".

♥ Mindful Meditation 4-Week Series \$

Begins, Tuesday, Feb. 12 // 5:30 p.m.



Ever feel like your body and mind rarely in the same place at the same time? Considering adding meditation to your wellness toolbox but unsure where to begin? Join Amanda Freed, Certified Meditation Coach, and learn how mindfulness meditation practices are fun and easier than you think!

In this four-week workshop, participants will explore mindful speaking, listening, walking and eating. Workshop format includes lively discussions, guided meditation practices, at home practices, experiential exercises and Q and A time each week. Please bring water and a journal to the workshop each week.

♥ Advancements in Cardiovascular Procedures

– Your Heart is in Good Hands

Wednesday, Feb. 20 // 5:30 p.m.



Join Dr. Gulshan Sethi, M.D. and Cardiothoracic Surgeon, for an in depth look at the fascinating advancements and procedures taking place in the world of cardiovascular health. An overview of TAVR, Mitroclip and more will have you in awe of modern medicine, giving you peace of mind knowing that your heart is in good hands.

Pain Management – Medical and Non-Invasive Options

Sunday, Feb. 27 // 5:30 p.m.



Sometimes, living with chronic pain can feel like an uphill battle. The TMC Integrative Pain Clinic is here to help you navigate your journey with ease.

Join Bill Abraham, M.D., from the TMC Integrative Pain Clinic, for a lecture looking at current treatment options for chronic pain. Dr. Abraham's insight and expertise on non-invasive and medical treatments will better your understanding of various pain management options available, giving you the tools to take charge of your health!

"Advancements in the Treatment of Pain" is brought to you by the medical professionals at the TMC Integrative Pain Clinic.

Register now for the upcoming free lectures at www.thecoretmc.com:

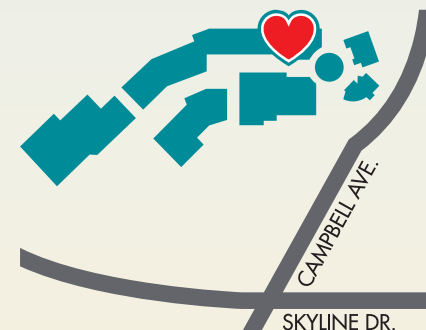
- **March 27 // 5:30 p.m.**
Integrative & Interventional Pain Management
Iftequar A. Siddiqui, Pharm.D, M.D.
- **April 17 // 5:30 p.m.**
Interventional Spine Options for the Aging Spine
Robert J. Berens, M.D.

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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