



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Wellness Events are free unless otherwise noted.

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

Free Fitness Class • Green Health Lecture • Wellness Series



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Let's Get Lean 9A Core Pilates 10A	2	3	Yoga Hour 9A Livestream Lecture Series: Self-Care for Changing Times 11A	4	Chair Yoga with the JCC 9A Intro to Yoga 11A Virtual Prenatal Yoga Series (Week 1) 4:30P \$	5	Strength and Conditioning 10A Mat Pilates 11A Virtual Tai Chi 3P	6	7	8
Let's Get Lean 9A Core Pilates 10A	9	10	Yoga Hour 9A Livestream Lecture Series: Self-Care for Changing Times 11A Lecture: Understanding Osteoporosis with TOI 1P	11	Chair Yoga with the JCC 9A Intro to Yoga 11A Virtual Prenatal Yoga Series (Week 2) 4:30P \$	12	Strength and Conditioning 10A Mat Pilates 11A Virtual Tai Chi 3P	13	14	15
Let's Get Lean 9A Core Pilates 10A	16	17	Yoga Hour 9A Livestream Lecture Series: Self-Care for Changing Times 11A Lecture: The Connection between Hormones and Weight Loss 5:30P	18	Chair Yoga with the JCC 9A Intro to Yoga 11A Virtual Prenatal Yoga Series (Week 3) 4:30P \$	19	Strength and Conditioning 10A Mat Pilates 11A Virtual Tai Chi 3P Lecture: Healthy Skin for the Ages with Pima Dermatology 5P	20	21	22
Let's Get Lean 9A Core Pilates 10A	23	24	Yoga Hour 9A Livestream Lecture Series: Self-Care for Changing Times 11A	25	Chair Yoga with the JCC 9A Virtual Prenatal Yoga Series (Week 4) 4:30P \$	26	Strength and Conditioning 10A Mat Pilates 11A Virtual Tai Chi 3P	27	28	29
CLOSED	30	31 Memorial Day	Lecture: Pandemic Stress & Adolescents with Palo Verde Behavioral Health 12:30P							

## Understanding Osteoporosis

**May 11 • 1 p.m.**

Jennifer Zoucha, PT, DPT, CSCS, Tucson Orthopaedic Institute  
*Small In-Person Audience and Simultaneous Livestream*

Knowing that our bones can grow weaker over time, what can we do to combat the signs of osteoporosis and keep our bones strong? Join Jennifer Zoucha, PT, DPT, CSCS, from the Tucson Orthopaedic Institute, for tips and suggestions for preventing osteoporosis, as well as ways you can better manage your signs and symptoms. Lifestyle management, exercise interventions and more will be covered!



## The Connection between Hormones and Weight Loss

**May 18 • 5:30 p.m.**

Matthew Weiner, MD, Saguaro Surgical



For decades, people have longed to know the secret to losing weight and maintaining the results. While a healthy lifestyle and preventative measures have a positive impact, your hormones play a significant role in your weight loss journey. Join Dr. Matthew Weiner with Saguaro Surgical for a comprehensive look at the impact hormones have on one's ability to reach a healthy weight.

## Healthy Skin for the Ages

**May 20 • 5 p.m.**

Jennifer Allison, PA-C & Taylor Rock, MSN, RN, Pima Dermatology



We've all been told the importance of wearing SPF to protect our skin, but is there something more that we should be doing to keep our skin healthy as we age? Join Taylor Rock, RN, and Jennifer Allison, PA-C, with Pima Dermatology for breakdown of what changes with skincare as we age. From over the counter products, to medical and cosmetic options to maintain a youthful glow, keeping your skin healthy through the ages is possible!

## Too Much to Handle:

### Pandemic Stress and Adolescents

**May 25 • 12:30 p.m.**

Chad Mosher, PhD, Palo Verde Behavioral Health



Normal teenage behavior – versus – normal teenage behavior during a pandemic – versus – your child could be suffering from a mental health crisis. Palo Verde Behavioral Health clinical psychologist

Dr. Chad Mosher discusses what to look out for, how to approach it with your teenager and valuable insight about how to help you, help them.

## WELLNESS SERIES

### Free! Livestream Lectures Series: Self-Care for Changing Times

**Tuesdays • 11 a.m. starting May 4**

**Dates: May 4, 11, 18 and 25**

The COVID conundrum is upon us. The world is reopening but you may feel that you're struggling to move forward, gripped with grief, uncertainty and fear when you want to feel better. Crisis fatigue is a real ordeal and most everyone is feeling it to some extent. Join Amanda Freed, Certified Mindfulness and Meditation Coach, for an informative and enlightening livestream lecture series that will explore:

- Recognizing how trauma manifests in the body and freeing it
- Exploring ways to honor your comfort zone and communicate it with others
- Meeting your feelings with compassion
- Finding your footing when things feel like they are constantly shifting

### Virtual Prenatal Yoga 4-Week Series

**\$30 for all 4 classes**

**Wednesdays • 4:30 p.m. starting May 5**

**Dates: May 5, 12, 19 and 26**

Join Bonnie Golden from The Core at La Encantada for a virtual prenatal yoga class that you can do from the comfort of your home! This series is great for any stage of pregnancy, but you must register online to receive the Zoom meeting link.

Registration for this series includes:

- Expert prenatal yoga instruction with Bonnie Golden
- Optional weekly post-class group connection and Q & A with class attendees and instructor
- Educational resources, guidance and tips from Bonnie
- Access to our Zoom classes 24 hours after class. Class links will be emailed to series registrants only!
- **BONUS FOR ALL REGISTERED MOMS-TO-BE:** Access to two additional recorded Prenatal Yoga Zoom classes with Bonnie.

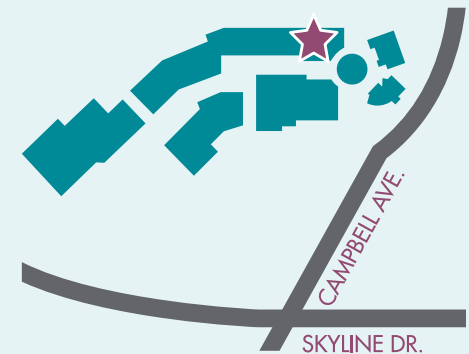


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 75 years.

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.



La Encantada Shopping Center  
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**Want to be in the in-person audience for any of these lectures?** Please contact The Core at (520) 324-2673 to be added to the list. Register online to get an event reminder prior to the start of the lecture as well as instructions on how to access the livestream.