

New & Additional Fitness Classes! Health Lectures & Wellness Events!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Beginning Tai Chi 1:30P 1	2	Strength & Balance 10:30A Circuit Training 11:30A 3	Body Combat 9A 4 Core & More 10A Cardio Dance Pump 11A Intro to Flow 12P Breast is Best: Support Tips + Q&A 5:30P	Yoga Basics 9A 5 Strength & Balance 10:30A Circuit Training 1130A	Intermediate Tai Chi 9:30A 6 Beginning Tai Chi 10:45A	Zumbini Demo 9A 7 <i>*Registration Req.</i> Women's Spa and Wellness Showcase Indoor Zumba 12P Let's Get Lean 1:15P	
8	9	Strength & Balance 10:30A Circuit Training 11:30A 10	Yoga with The J 9A 11 Core & More 10A Cardio Dance Pump 11A Intro to Flow 12P Downtown Lecture Series Simulcast: Week 1 6:30P	Yoga Basics 9A 12 Strength & Balance 10:30A Circuit Training 11:30A	Intermediate Tai Chi 9:30A 13 Beginning Tai Chi 10:45A	Little Yogis 2-4 y/o 14 9A <i>*Registration Req.</i> Zumba 12P Let's Get Lean 1:15P	
Beginning Tai Chi 1:30P 15	16  Happy National Pharmacy Week!	Strength & Balance 10:30A Circuit Training 11:30A 17 Do You Know Your Medications & Your Pharmacist? 5:30P	Body Combat 9A 18 Core & More 10A Cardio Dance Pump 11A Intro to Flow 12P A Surgeon's Approach to Back Pain 5:30P	Yoga Basics 9A 19 Downtown Lecture Series Simulcast: Week 2 6:30P	Intermediate Tai Chi 9:30A 20 Beginning Tai Chi 10:45A	GOTR Coaches Meeting 9:30A 21 Zumba 12P Let's Get Lean 1:15P	
Healthy Pregnancy Class 2P 22	23	24	Yoga with The J 9A 25 Core & More 10A Cardio Dance Pump 11A Intro to Flow 12P	Yoga Basics 9A 26 Strength & Balance 10:30A Circuit Training 11:30A Downtown Lecture Series Simulcast: Week 3 6:30P	Intermediate Tai Chi 9:30A 27 Beginning Tai Chi 10:45A	Little Yogis 2-4 y/o 28 9A <i>*Registration Req.</i> Zumba 12P Let's Get Lean 1:15P	
Creating a Mindful and Eco-Friendly Holiday Season 2P 29	30	Strength & Balance 10:30A Circuit Training 11:30A 31  Happy Halloween!	<p>Fitness Classes are just \$5! Wellness Events are free unless otherwise noted. RSVP at www.TheCoreTMC.com Free Wellness Events Free Fitness Classes</p>				 <p>Cardio Dance Pump is free for the month of October only! Join us Wednesdays at 11 a.m. for a high intensity cardio choreography dance class that will get your heart rate up and strengthen your body.</p>

OCTOBER 2017

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Wellness Events are free
unless otherwise noted.
RSVP at www.TheCoreTMC.com



Breast is Best: Breastfeeding Tips for Success + Q&A WEDNESDAY, OCT. 7, 5:30 P.M.

Bev Carico, RN, IBCLC &
Asa Lader, RN, IBCLC

Whether you're a first time mother or a mom with some practice, navigating the world of breastfeeding can be a challenge. Join TMC Lactation Consultants Bev Carico, RN, IBCLC, and Asa Lader, RN, IBCLC, for an engaging presentation and Q&A on breastfeeding resources available at TMC. Knowing all of your options can help you have a successful breastfeeding journey!

La Encantada Women's Spa & Wellness Showcase SATURDAY, OCT. 7, 10 A.M. TO 3 P.M.

To celebrate women's health and wellness in our community, The Core will be participating in the Women's Spa & Wellness Showcase. Free fitness classes all day plus some fun giveaways and demos in the courtyard brought to you by TMC. Fitness classes include Indoor Zumba and Let's Get Lean.

Downtown Lecture Series Simulcast - Truth and Trust in the Global Scene

OCT. 11, OCT. 19 & OCT. 26,
6:30 P.M.

The Core is happy to simulcast the University of Arizona SBS Downtown Lecture Series 2017. If you can't make it to the Fox Theater, you can watch the conversations each week from The Core in real time, as if you were downtown! Seating is limited so register to ensure your spot.

Topics of Conversation

OCT. 11: The Future of Elections: Who and What Can We Trust?

OCT. 19: Redefining Journalism in the Post-Truth Era

OCT. 26: What the News Doesn't Tell You about the Rising Global Conflict

Medication Chat: Do You Know Your Medications and Your Pharmacist?

TUESDAY, OCT. 17, 5:30 P.M.

Eric Bergstrom, Pharm. D., TMC

Do you or someone you love take medications or supplements? Do you ever have questions about meds you are taking?

Open communication with your primary care team is the first step to taking charge of your health, but it's not always clear on how to establish this connection.

In honor of **National Pharmacy Week**, join Dr. Eric Bergstrom, clinical lead pharmacist at TMC, for an engaging discussion about the importance communicating with all of your medical providers, especially your pharmacist!

A Surgeon's Approach to Back Pain

WEDNESDAY, OCT. 18, 5:30 P.M.

Justin Ledesma, MD,
Tucson Orthopaedic Institute

Dr. Justin Ledesma is a Stanford educated surgical spine specialist with a passion for educating the community on spinal disorders. Join us at The Core for an informative talk about common causes of back pain and the various treatment options available to keep you active.

Health Pregnancy Class SUNDAY, OCT. 22, 2 P.M.

Join Margie Letson, childbirth educator and certified doula through the International Childbirth Education Association for a FREE class designed for newly expectant parents. Offering guidance on how to have the healthiest pregnancy possible, you will learn about nutrition, exercise, fetal development, physical and emotional changes during pregnancy and more!

Creating a Mindful and Eco-Friendly Holiday Season SUNDAY, OCT. 29, 2 P.M.

Join Mrs. Green's World for an interactive presentation about how to be conscious consumers and become intentional with the gifts we give. There are many creative ways to find gifts – re-purposing a gift, online shopping with mission-based retailers or finding treasures in places like the Goodwill and resale shops. There are ways to think green, do good, and still maintain our family holiday gift giving traditions!



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.



La Encantada Shopping Center
upper level

2905 East Skyline Drive, Suite 277
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www.TheCoreTMC.com