

Register For Our Neuroscience & Support Skills Symposium

Save the Date: Monday, October 22nd - Tuesday, October 23rd

Our 4th Annual Neuroscience & Support Skills Symposium is coming up quick! We are very excited about the lineup of speakers and demonstrations for this year's event. We hope you are as excited as we are! You can check out the schedule and register for free at <http://territorynri.com/2018-neuroscience-support-skills-symposium/>



Featured Events This Month

From Beginning to End - A Life with Alzheimer's

September 12th, 10:00am-11:00am @ Territory Neurology & Research Institute

Join Mr. Chuck Josephson as he discusses the lessons learned over the lifecourse of Alzheimer's. Mr. Josephson will use his personal experiences to provide insight into how all the moments, both tender and frustrating, contribute to a peaceful end of life experience. Bagels & coffee will be provided. Come to eat, come to learn, or come for a little of both!



In Memory of Joan



Ready, Set, Reflexology!

September 18th, 10:00am-11:00am @ Territory Neurology & Research Institute

Interested in alternative treatments for pain, fatigue, anxiety, migraines, general wellness, and more? Then come learn about reflexology - a therapeutic massage treatment! Maria Palo from Catalina Foothills Reflexology will be coming in to discuss reflexology and provide free introductory treatments. Snacks and refreshments will be provided.

Engaging with Energy Medicine

September 19th, 6:30pm-7:30pm @ Territory Neurology & Research Institute

Looking to boost your overall wellness and supplement your current medical treatments? Then come learn about energy medicine! Lauren Bosmeny, from iHeartEnergy, will be coming in to talk about what energy medicine is and how it can benefit you. Snacks and refreshments will be provided.



Free Exercise Classes with Personal Trainer Rachel Allen

Looking to increase your activity level? Come drop in on one of our free onsite exercise classes:

Chair Exercise - Tuesdays 11:30am-12:15pm

Pilates Style - Tuesdays 12:30pm-1:15pm

See www.territorynri.com for more details.

Get To Know Tucson!

Explore more of what Tucson has to offer with these upcoming events taking place in August

Yoga at Reid Park

Sunday, September 2nd, 8am-9pm

Salsa, Tequila, & Taco Challenge @ La Encantada

Sunday, September 2nd, 7pm-9pm

Les Misérables @ Centennial Hall

Tuesday, September 4th at 7:30pm

Garden Kitchen Vegan Hands-On Cooking Class

Saturday, September 8th, 10am-1pm

Step for Pet Stair Climb @ The TCC

Saturday, September 15th, 8am-10am

Tucson Pride Parade & Festival

Saturday, September 29th, 10am-12pm

Check out event details and other great events at <https://tucson.com/thisistucson/calendar/>

Test Out Your Trivia Knowledge

1. What is the only English word to end in "mt"?
2. What is the name for 1/100th of a second?
3. What is the name of the plastic piece at the end of a shoelace?
4. What is Earth's largest living structure?
5. A fortnight is equivalent to how many days?
6. What football play shares its name with a Catholic prayer?
7. The armadillo is native to which continent?



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Answers to Last Issue's Trivia

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| 1. Antarctica | 2. Apples | 3. Thomas Edison |
| 4. A Cottonmouth | 5. Greenland | 6. 204 |
| 7. Mr. Potato Head | | |