

LifeStyle!

SIX WEEK SELF-DEFENSE POP UP CLASS WITH TIMAREE STARTING IN OCTOBER

2LP FIT

Want to learn the basic skills you need to know to defend yourself? Join Timaree Schmit as she walks you through real world scenarios and how to navigate unsafe situations. This six-week class will show you how to be aware of your surroundings as well as properly demonstrate self-defense moves. Popup class will be offered in the 4th floor Fitness Center and is open to all tenants.

Take all 6 weeks or pop in for a session.
Sign up on the Tenant Experience app
or [click here](#) to secure your spot.



Thursday, October 19th at 5:00pm
3rd Floor – Washington Room

Sign up on the Tenant App to secure a spot for a workshop led by Philly-based creator, Lea Saccomanno!

- Philadelphia Skyline embroidery kits will be provided for this casual how-to session – all skill levels welcome!
- **Light snacks and local wine & beer selections!**

Spots are limited so we recommend booking your space ASAP. We can't wait to stitch (and sip) with you!



POP UP PHOTOGRAPHY SHOW

Through the month of October, Coretrust Management is thrilled to showcase the work of local photographer, Tina Dillon.



Born and raised in Philadelphia, Tina developed an early fascination with photography. She graduated from the High School for Creative and Performing Arts, attained her AA in Liberal Arts from CCP and studied at Fleisher and MALT. Exploring various techniques and styles, she honed her skills through years of experimentation and self-expression. This journey led her to develop a standout artistic vision, marked by a distinct ability to freeze moments in time and highlight the magnificence in the ordinary.

Stop by the 3rd floor this month to see a curated collection of Tina Dillon's incredible work.



HALLOWEEN CONTESTS

PUMPKIN CARVING

EMAIL A PHOTO OF YOUR CUSTOM CARVED PUMPKIN. ENTRIES WILL BE JUDGED ON CREATIVITY, SO GO FOR IT!



COSTUME CONTEST

SEND A PICTURE OF YOUR BEST HALLOWEEN COSTUME. YOUR PETS/KIDS ARE ALSO WELCOME ENTRIES!



ONE WINNER FROM EACH CATEGORY WILL RECEIVE A
\$100 AMAZON GIFT CARD

AND WILL BE ANNOUNCED ON THE DIGITAL SCREENS THE FIRST WEEK OF NOVEMBER.
ENTRIES MUST BE EMAILED BY MIDNIGHT ON 10/31/23 TO:

cryan@coretrustmanagement.com

**CBRE
WELCOMES**

**GIFT
OF
LIFE**
**MARROW
REGISTRY**

**Wednesday, October 25th,
10am – 2pm, Washington Room**

“Did you know that YOU could help cure blood cancer?” Stop by 3rd Floor Washington Room on Wednesday, October 25th (10am – 2pm) to swab your cheek to see if you can be a match for a patient in need!

Who can join the Registry?

If you are 18 to 35 and in good health, you can be someone's lifesaving blood, stem, or marrow donor. A transplant can cure nearly 100 conditions including blood cancer, sickle cell disease and inherited immune system disorders.

www.giftoflife.org

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