

## **MovementWise Docu-Series, LifeWise Podcast Partner With CORE**

**WASHINGTON D.C. | MARCH 2023 |** MovementWise, a health and human performance program partners with CORE TV Network to distribute MovementWise media to global audiences: the MovementWise docu-series, LifeWise podcast and future documentary films. MovementWise is a program created by Tania Cotton, a movement specialist dedicated to empowering individuals to live their best lives despite obstacles, ailments, and disabilities.

Her program works with health specialists and movement experts to create unique and personalized recovery retreats that integrate physical therapy and the healing powers of nature to overcome chronic life challenges in struggling individuals like Olympic athletes, cancer survivors, World Champion bikers, concert pianists and beyond.

The visual and audible storytelling of their profound experience at the MovementWise program is beautifully shared in this docu-series and podcast duo that will now be available for streaming on CORE free of charge. The distribution partnership is inspired by CORE's mission to share real-life narratives and innovative projects that are reshaping the way we think and live.

**ABOUT MOVEMENTWISE |** Created by Tania Cotton, MovementWise gives access to quality resources which provide competence and self-confidence to move forward by means of active experiences that inspire individuals to connect with their bodies, with nature and fuel passion for life. Cotton and her team of MovementWise Mentors have positively impacted the lives of athletes, survivors and beyond to enable them to live their best lives, driven by meaning, purpose and direction.

**ABOUT CORE |** Founded in 2007 by Martine Dubin, CORE is a one of the original digital and mobile streaming platforms with viewers tuning in across every country worldwide. Home to 1000+ original titles, CORE goes beyond the mainstream narrative, featuring society's most eclectic stories and leaders who reshape the way we think and live. <https://core.live/>

**ABOUT MARTINE DUBIN COMPANY |** A leading media company in development, production, marketing and distribution of original entertainment, editorial news and information. The company owns and operates the global broadcast network CORE, and the YOGA365 app, reaching viewers in every country and territory worldwide. Martine Dubin Company has collaborated with organizations including NATO, Lincoln Center, Harpo Studio, Burda Media. <https://martinedubin.com/>

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