

Living Well Beyond Cancer:

An educational and social experience



Join us for a featured wellness presentation and enjoy time after to socialize and snack.

Patients, friends and family are all welcome to attend.

Wellness topics include:

- **March 10:** *Tai Chi and Yoga*, presented by Aurora Physical Therapist Assistant, Katrina Fronberry
- **April 14:** *Get into the flow - Let go of Stress and Anxiety with Art* with Aurora Art Therapist Lori Caterini MS, ATR, LPC
- **May 12:** *Dispelling Nutrition Myths about Cancer*, presented by Aurora Oncology Dietitian, Liz Duchac RD

Tuesdays:
March 10,
April 14 & May 12
5:30-6:30 p.m.

Aurora Health Center
8400 Washington Avenue,
Racine

Community Ed Room
*(Use North Entrance and
Parking Lot)*

Please register online by visiting aurora.org/events and search keywords "BEYOND CANCER".

A free snack will be provided.