

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.