



A MINDFUL TRI
AGAINST CANCER



What is a
Mindful Tri?

Join us for our new Mindful Tri events this June to support those battling cancer. Come explore activities such as tai chi, an empowerment walk and various relaxation techniques that reflect the important role integrative medicine can play for those on their cancer journey. All funds raised will enhance Aurora’s research efforts, integrative medicine therapies and cancer clinics in your neighborhood.

Who will you
Hope.Heal.Feel for in 2018?

MINDFUL TRI

AuroraMindfulTri.org



Schedule of Events
(rain or shine)

8 to 9 a.m.	Registration
8 to 11 a.m.	Marketplace
9 a.m.	Tri part 1: Program and stretch exercises
9:30 a.m.	Tri part 2: Walk
9 to 11 a.m.	Tri part 3: Relaxation techniques
11 a.m.	Event concludes

Items in orange represent the three components of the Mindful Tri.

