



Cancer Wellness Event

Mind Body Spirit

Monday, October 17th, 4:30-8 p.m.

Clinical Cancer Center Mezzanine, First Floor

Join us for an evening focused on the integrative approach to wellness. Healing your mind, body and spirit defines integrative medicine. Strive to make your whole self the best it can be during and after treatment.

4:30-5 p.m. Networking and light refreshments

5-6 p.m. Beginning Meditation and the Benefits of Aromatherapy

Presented by: Sue Cirillo

Discover the benefits of meditation and aromatherapy and learn how to easily put them into practice in your own life.

6-6:30 p.m. Try or observe one of these practices to help improve your mind, body and spirit:

Tai Chi

Presented by: Michael Meyers

Yoga

Presented by: Edie Starett

Guided Meditation

Presented by: Sue Cirillo

6:45-7:45 p.m. Food for Life

Presented by: Amberlea Childs

We'll learn the science behind why certain foods are powerful cancer fighters, and how to cook with these ingredients to make delicious plant-based meals.

**Froedtert & MEDICAL
COLLEGE of
WISCONSIN**

For more information or to register, contact
Small Stones Wellness Center at **414-805-0998**.

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wellness center