

## Can an ancient art be a modern healer?

## We think so.

Tai Chi. Yoga. Meditation. Age old disciplines that five years ago would rarely find a place at the table with conventional medicine. But we questioned that. In our ongoing quest to treat the whole person and not just the illness, we thought non-traditional therapies were worth a thorough examination. And, we found some remarkable results: reduced stress, bolstered immune systems, greater flexibility, reduced pain, and general wellness. Combined with conventional practices, complementary therapies like massage, chiropractic care, and acupuncture are proving to have true benefits for many people, including those of us with few health problems.

Complementary medicine. The wave of the future? Or some really good ideas from the past? At Aurora Health Care, we think it's both.

To find out if complementary medicine is right for you or for a listing of classes, services and locations, visit us online at [www.AuroraHealthCare.org](http://www.AuroraHealthCare.org) or call 1-866-4HEALTH.

Complementary  
Medicine



Aurora Health Care®  
Finding better ways