

# The Local Cancer Community Update of



Submitted by: **Tim E. Renzelmann** November 23<sup>rd</sup>, 2016

## Stories of the Local Cancer Community:

### **Survive, Thrive & Be Fit Gentle Yoga for Cancer Survivors!**

**Mondays - 10:30AM to 11:30AM through Dec. 12<sup>th</sup>!**  
**Plymouth Yoga, 508 E. Mill St., Plymouth!**

Studio owner Kaitlynn Kiela has graciously opened the warm and relaxing space of Plymouth Yoga to our ST&BF Gentle Yoga participants for four Monday mornings! Our first class had a strong turnout that included two new faces! If you are available for this daytime class please consider joining us and showing your appreciation to Kaitlyn for providing this off-site opportunity! See attached for details or contact Tim!



**NOTE:** I was oddly impressed by the space at Plymouth Yoga (I say "oddly" because I usually don't notice those kinds of details). If you want to learn a bit more about the thought and care that went into creating this warm and calming space check out the Plymouth Yoga website!

<http://www.plymouthyoga.com/our-studio.html>

### **Survive, Thrive & Be Fit Indoor Row Team Challenge This Wednesday!**

**Wednesday, November 30<sup>th</sup>, Various Times**  
**Sheboygan YMCA, 812 Broughton Drive, Sheboygan**  
On Wednesday, November 30<sup>th</sup> we will kick off the current ST&BF Indoor Row Team Calendar with our first "Team Challenge"! Team members (those who have completed the requirements and submitted their paperwork) will be given the opportunity to row a 1K and/or 2K distance at any of the various times

throughout the day. Our goal is to see how many team members will complete the 1K/2K distance challenge and provide a baseline as we start the season! If you are a local survivor-athlete interested in participating in the ST&BF Indoor Rowing Team or have any questions, please contact Tim! NOTE: Before participating, all ST&BF Indoor Row Team Members are required to view various instructional videos and complete the intake form. At the writing of this update eligible members include Tim R., Beth S., Leah H., Cindy B., Vicki F., Lenny & Barb B.

### **Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors!**

**Mondays, November 21<sup>st</sup> to December 12<sup>th</sup> at 10:30A**  
**Plymouth Yoga, 208 E. Mill St., Plymouth**  
Four-week session. Space is Limited. RSVP (Contact Tim) strongly recommended!

### **Survive, Thrive & Be Fit: Indoor Row Team 1K/2K Challenge!**

**Wednesday, November 30<sup>th</sup>, Various Times!**  
**Sheboygan YMCA, 812 Broughton Dr., Sheboygan**  
Open to registered and eligible ST&BF Indoor Row Team Members. Contact Tim for Details!

### **TLC Survivorship Session: Local Cancer Community Annual Gathering**

**Tuesday, December 20<sup>th</sup>, 5P Meet & Greet, 6P Session**  
**MOA/SCBS, 1621 N. Taylor Drive, Sheboygan**  
Watch for details!

### **Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors!**

**Wednesday, December 21<sup>st</sup> at 4:30 & 5:40**  
**MOA/SCBS, 1621 N. Taylor Drive, Sheboygan**  
Special Winter Solstice Session(s)! Registration by December 7<sup>th</sup> is required!

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[www.facebook.com/CancerCareFund](http://www.facebook.com/CancerCareFund)

# “Survive, Thrive & Be Fit!”



## Gentle Yoga for Cancer Survivors!

### Monday Mornings

**November 21<sup>st</sup>, 28<sup>th</sup>, December 5<sup>th</sup> & 12<sup>th</sup>**

**From 10:30 to 11:30AM**

**LOCATION FOR THIS CLASS: Plymouth Yoga**

**208 E. Mill St., Plymouth – (920) 892-6024**

Area cancer survivors are encouraged to experience the benefits of this fun and popular gentle yoga program! These **FREE** sessions will include gentle stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. No experience necessary.

**Teacher: Kaitlynn Kiela, CYT**

*Space is limited!*

*RSVP is strongly recommended! Call 920.457.2223!*



**Making Sheboygan County  
The Healthiest Place  
To Survive Cancer!**

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

To learn more:  
visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223

# Survive, Thrive & Be Fit!



## Indoor Row Team 1K/2K Challenge!

Wednesday, November 30<sup>th</sup>!

In this first challenge of the “Survive, Thrive & Be Fit” Indoor Row Team Season, team members\* may row 1000 meters or 2000 meters during any of the sessions listed below.

Our goal will be to see how many Indoor Row Team Members will complete either the 1K or the 2K distance throughout the day.

Interested team members may also record and submit their 1K or 2K times as a baseline at the start of our indoor row season and we will repeat the challenge later in the season to monitor progress.

## SHEBOYGAN YMCA

812 Broughton Drive, Sheboygan

**MORNING SESSIONS:** • 6AM to 7AM • 9AM to 10AM

**EVENING SESSIONS:** • 2PM to 3PM • 7PM to 8PM

**If Planning to Attend Any of the Above, PLEASE RSVP by Contacting Tim!**

\* All Indoor Row Team members must read/view prerequisite instructional web-based rowing materials prior to participating in this or any team event. Passes for the Sheboygan/Sheboygan Falls YMCAs are available for team members. Contact Tim for details!

Team members may “buddy up” and row together at other times/locations. Please contact Tim for further instructions.

Concpet2 ergometers are available at the Sheboygan YMCA (3), Sheboygan Falls YMCA (1), North High School Fitness Center (2), Sports Core (2) based on availability. Membership restrictions apply.



### For More Information:

Contact Tim at 920.457.2223 or

[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

# “Survive, Thrive & Be Fit!”



## Welcoming the Winter Solstice with Yoga!

**Wednesday, December 21<sup>st</sup>**

MOA/SCBS 2<sup>nd</sup> Floor Conference Room, 1621 N. Taylor Drive, Sheboygan

Consider joining us for one of these special Winter Solstice sessions led by Katie Boge, CYT!

- **Session 1: 4:30P to 5:30P**
- **Session 2: 5:40 to 6:40P**

*Space is limited to insure smaller class size. Space will be determined by date of diagnosis, treatment and yoga experience.*

*Please submit the below application by December 7<sup>th</sup>!*

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Name:	Phone:
E-mail:	Date of Diagnosis:
Treatment: <input type="checkbox"/> Completed (date): ___/___/___ <input type="checkbox"/> Currently Undergoing <input type="checkbox"/> Requesting space for co-survivor.	
Yoga Experience: <input type="checkbox"/> Never Practiced <input type="checkbox"/> Less than 5 sessions <input type="checkbox"/> 6 to 20 sessions <input type="checkbox"/> 20 or more sessions	
Session 1: 4:30P to 5:30P <input type="checkbox"/> 1 <sup>st</sup> Choice <input type="checkbox"/> 2 <sup>nd</sup> Choice	Session 2: 5:40P to 6:40P <input type="checkbox"/> 1 <sup>st</sup> Choice <input type="checkbox"/> 2 <sup>nd</sup> Choice
<ul style="list-style-type: none"><li>• Priority will be given to cancer patients/survivors most recently diagnosed/treated and with limited yoga experience.</li><li>• You will be notified by phone or e-mail at least one week prior to the session to confirm your assigned session.</li><li>• If you have any questions, please contact Tim at 920.457.2223.</li><li>• Send to SCCC/1621 N. Taylor Drive, Suite 100/Sheboygan, WI 53081 or <a href="mailto:trenzelmann@physhealthnet.com">trenzelmann@physhealthnet.com</a></li></ul>	