

Survive, Thrive & Be Fit!

Hiking Along the Cancer Journey!



Imagine the life-affirming experience of taking only what you need and travelling by foot for a few hours or a few days amidst the beauty of nature with a group of strong and courageous cancer survivors as your companions!

What do you think? Have some questions? Join us at this

Informational Meeting

Thursday, April 20th at 6:45PM (after yoga)

We will discuss two upcoming opportunities and a variety of options for day hiking and overnight backpacking (one or two nights) taking place May 5th to 7th and June 2nd to 4th!

- **NO EXPERIENCE NECESSARY:** Most of our past participants have either never hiked/backpacked before or haven't done so for many years!
- Discussion will include: Hiking & Backpacking Basics: Safety, Terrain, Training/Preparation, Food, Clothing, Gear & More... with plenty of time for questions!!!



- If you have any questions... contact Tim at 920.457.2223
- If interested, join us for "Gentle Yoga" from 5:30P to 6:30P (RSVP Recommended)!

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