

“Survive, Thrive & Be Fit!”



Gentle Yoga for Cancer Survivors!

Monday Nights

May 1st, 8th, 15th & 22nd at 5:30PM

MOA/SCBS Second Floor Conference Room

1621 N. Taylor Drive, Sheboygan

Area cancer survivors are encouraged to experience the benefits of this fun and popular gentle yoga class! 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! Pre-registration is strongly recommended!

For more info: **920.457.2223** or trenzelmann@physhealthnet.com



**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 or call 920.457.2223