

# Survive, Thrive & Be Fit!

## Gentle Yoga for Cancer Survivors!



### SUMMER YOGA: JULY

### Wednesday Nights

### July 12<sup>th</sup> & 19<sup>th</sup> 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: Katie Boge, CYT

*Space is limited! Pre-registration is strongly recommended!  
We will hold class outdoors if conditions allow!*

To Register: **920.457.2223** or [trenzelmann@physhealthnet.com](mailto: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](http://www.scccf.org) or call 920.457.2223