

Survive, Thrive & Be Fit!

Gentle Yoga for Cancer Survivors!



**Monday Evening
Sessions in October!**
**October 2nd, 9th, 16th & 23rd at
5:30PM**

**MOA/SCBS 2nd 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!
Bring your own mat (although mats are available)!*

To Register: **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