

Survive, Thrive & Be Fit!

Hiking Along the Cancer Journey

Third Annual Fall Backpacking Adventure along the Ice Age Trail - Kettle Moraine State Forest – Southern Unit!



Thursday, Friday, Saturday & Sunday!
October 19th, 20th, 21st & 22nd!

Options include: 3-night, 2-night, 1-night backpacking opportunities or a day hike on Sunday!

Area cancer patients/survivors are welcome to bring a co-survivor!

Space is limited to ten participants each night!

Space will be filled on a first-come/first-serve basis!

A limited supply of backpacking gear is available!

Join us for a day, a night... or as many as four nights*!!!

- **Thursday Evening:** Short hike to Shelter 3.
- **Friday:** Shelter 3 to Shelter 2 (9-miles).
- **Saturday:** Shelter 2 to Shelter 1 (8-miles).
- **Sunday:** Shelter 1 to Pinewoods Campground w/Day Hike Opportunity (5-miles)

Transportation: We will do our best to accommodate transportation and shuttle needs!

For details contact Tim: 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