

Survive, Thrive & Be Fit!

Gentle Yoga for Cancer Survivors!

DECEMBER SESSIONS:

Thursday Evenings w/Stacey!

December 7th, 14th, 21^{st*} and 28th at 5:30P

*Special "Winter Solstice Session on 12/21!

MOA/SCBS – 1621 N. Taylor Drive, Sheboygan

Monday Morning w/Kaitlynn

December 4th at 10:30AM

Plymouth Yoga – 208 East Mill Street, Plymouth

Thursday Afternoon w/Kaitlynn

December 21st at 2:00PM

MOA/SCBS – 1621 N. Taylor Drive, Sheboygan

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.

Space is limited! Pre-registration is strongly recommended!

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