

# “Survive, Thrive & Be Fit!”



## Gentle Yoga & Laughter Yoga for Cancer Survivors!

**January 15<sup>th</sup> & 22<sup>nd</sup> at 5:30PM**

**GENTLE YOGA** sessions will include stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. With Kaitlynn Kiela, CYT

**January 29<sup>th</sup> at 5:30PM**

**LAUGHTER YOGA** is a fantastic way of keeping fit and healthy while having fun. With Aaron Covey, Certified Laughter Yoga Leader.

**MOA/SCBS Second Floor Conference Room  
1621 N. Taylor Drive, Sheboygan**

*Space is limited. RSVP is encouraged by contacting Tim at 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