

“Survive, Thrive & Be Fit!”



Gentle Yoga for Cancer Survivors!

GENTLE YOGA sessions include stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. Beginners welcome, no experience required!

Thursday, February 1st at 5:30PM

The Sheboygan County Cancer Care Fund introduced it's Survive, Thrive & Be Fit program on February 1st, 2010 with the first FREE “Gentle Yoga for Cancer Survivors” class! Join us exactly eight years later, on Thursday, February 1st for a special 8-year celebration session!!! RSVP is strongly encouraged... as space is limited and this class may fill up fast!

With Katie Boge, CYT & Stacey Hand, CYT

Thursdays, February 8th, 15th & 22nd at 5:30PM

With Stacey Hand, CYT

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.



**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