

Survive, Thrive & Be Fit!

Gentle Yoga for Cancer Survivors!



MARCH SESSIONS:

Instructor: **Katie Boge, CYI**
Wednesday Evenings
March 7th, 14th, 21st & 28th!
5:30 PM to 6:30PM

These **FREE** sessions 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