

# “Survive, Thrive & Be Fit!”



## Gentle Yoga for Cancer Survivors!

**Mondays, April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> at 5:30PM**

**MOA/SCBS Second Floor Conference Room**

**1621 N. Taylor Drive, Sheboygan**

These Gentle Yoga sessions include stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body.

**No Experience Required/Beginners Welcome!**

**Class Instructor: Kaitlynn Kiela, CYT**

*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