

# “Survive, Thrive & Be Fit!”



**Gentle Yoga**  
for Cancer Survivors!



&

**Indoor Row Group**

**Wednesdays, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> & 30<sup>th</sup>**

**Yoga: 5:30P to 6:30P**

**Row: 4:30P to 6:30P**

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

**No Experience Required & Beginners Welcome!**

*Space is limited.*

*RSVP for Yoga is **ENCOURAGED!***

*REGISTRATION for Rowing is **REQUIRED!***

Contact 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