

“Survive, Thrive & Be Fit!”



Gentle Yoga
for Cancer Survivors!



&

Indoor Row Group

Wednesdays, May 2nd, 9th, 16th & 23rd & 30th

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.



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