

Survive, Thrive & Be Fit!

Weekend Adventure for Cancer Warriors!



Friday, Saturday & Sunday, July 27th, 28th & 29th!

You are welcome to join us for

ONE ACTIVITY, ONE DAY or ONE FUN-FILLED WEEKEND

Take this time to move your body, quiet your mind, open your heart and soothe your spirit in the company of other cancer warriors (patients, survivors & co-survivors)!

Traditional Camp Activities Offered Throughout the Weekend:

- Archery, Canoeing/Kayaking, Hiking, Zip Line
- A Mindfulness Presentation, Yoga & Massage
- Campfire, Entertainment, Games & Relaxation
- Food, Fun, Fellowship & Much More!

Lodging: Those interested in spending one or two nights can choose to utilize the Johnsonville Lodge bunk houses, rustic cabins on the property or tents. You may also choose to go home in the evening(s) and return in the morning(s)!

All Survivors are welcome and encouraged to bring a co-survivor guest. Survivors with minor children are welcome to bring the family. After July 7th, available space will be opened up to registered survivors interested in bringing more than one guest/family member.

Registration is required! Good will donations will be accepted!.



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**

Thank you to the Sheboygan Service Club for their financial support of this event!

REGISTRATION REQUIRED: To register or for more information call 920.457.2223

Adventure Weekend for Cancer Warriors: *Friday/Saturday/Sunday, July 27th/28th/29th at Camp Y-Koda*

<i>Name</i>		<i>Check one</i>	<input type="checkbox"/> Cancer Survivor <input type="checkbox"/> Co-Survivor
<i>Address</i>		<i>City/St/Zip</i>	
<i>Phone</i>		<i>E-mail</i>	
<i>Guest</i>	<i>If you are a survivor bringing a guest, please indicate name. Guests must complete separate registration. If more than one guest, contact Tim.</i>		

• PRE-REGISTRATION IS REQUIRED!

- All survivors are welcome to bring a guest. Guests must complete separate registration form.
- Cancer survivors with minor children may include the entire family (contact Tim for details).
- Additional guests will be allowed, based on space, after the early bird registration deadline of July 7th!
- Participants are welcome/invited to join us for a single event, a day or the entire weekend!

Please check boxes of those events/activities you intend to participate in:

- FRIDAY, July 27th**
- 5:00PM to 6:30PM – Meet & Greet & Eat: Light fare will be served
 - 6:30PM to 7:00PM – Welcoming Remarks, Adventure Weekend Review
 - 7:00PM to ?? – Campfire Activities, Entertainment, Games & More
 - 10:15PM to 10:45PM – Night (Full Moon) Hike with Tim
- SATURDAY, July 28th**
- 7:00AM to 8:00AM – Gentle Yoga with Stacy Harriott or Tai Chi with Mary & Dan
 - 8:00AM to 9:00AM – Breakfast (please contact us with dietary restrictions or concerns)
 - 9:00AM to 10:30AM – Mindfulness Workshop provided by Mental Health America
 - 11:AM to 12:00PM – Zip Line or Scavenger Hunt/Hike with Dan
 - 12:00PM to 1:00PM – Lunch (please contact us with dietary restrictions or concerns)
 - 1:00PM to 2:00PM – Archery or Kayaking on the Pond
 - 2:30PM to 4:00PM – Healthy Eating with Tiffany Bieman & Carrie Green (YMCA)
 - 4:30PM to 5:30PM – Supper (please contact us with dietary restrictions or concerns)
 - 6:00PM to 6:45PM – Backpacking Basics with Tim (demonstration w/short hike)
 - 7:00PM to ?? – Campfire Activities, Entertainment, Games & More
 - 10:15PM to 10:45PM – Night (Full Moon) Hike
- SUNDAY, July 29th**
- 7:00AM to 8:00AM – Gentle Yoga for Cancer Survivors with Kaitlynn
 - 8:00AM to 9:00AM – Breakfast (please contact us with dietary restrictions or concerns)
 - 9:00AM to 10:00AM – Tai Chi with Mary & Dan or Backpacking Basics with Tim
(informational presentation – no hiking)
 - 10:30A to 11:15A – Closing Remarks
 - 11:15AM to 12:00PM – Clean-Up

Overnight Accommodations:

- I am interested in using the overnight accommodations at Camp Y-Koda (please check preference):
 - Female Bunkhouse Male Bunkhouse Co-ed Bunkhouse
 - Family w/minor children interested in staying in a rustic cabin
 - Tenting welcome (feel free to bring your own tent, limited supply of one and two-person tents available)

Waiver: In consideration of this event and all related activities, I do hereby release The Sheboygan County Cancer Care Fund (SCCCF) and all other entities and individuals who are in any way connected with this event from damages, injury, illness arising or growing out of my participation. I represent that I understand the risks involved and feel that I am adequately trained and medically able to participate in these activities and have been encouraged to speak with my physician prior to participating. As part of my participation I grant SCCCf and its representatives the right to take photographs/video of me and to use such photographs/video with or without my name for any lawful purpose including such purposes as reporting, promoting, publicity, advertising and web content.

Print Name

Signature

Date