

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● February 4th, 2020

News, Events and Activities in the Local Cancer Community including the TLC Supportive Community (est. 2000), The Sheboygan County Cancer Care Fund (est. 2002), the Survive, Thrive & Be Fit program (est. 2010) and more!



SCCCF Celebrates Ten Years of Survive, Thrive & Be Fit!

Although many of the events or activities that take place in our Local Cancer Community are so very special for me... the celebration on Saturday marking the ten-year anniversary of Survive, Thrive & Be Fit was especially meaningful!

As many of you already know, the Sheboygan County Cancer Care Fund is the brainchild of Dr. H. Marshall Matthews. In March of 2000, when I began working in this position, he shared his vision for the fund and allowed me to help him turn his idea into a reality and into what it is today, a valuable resource that has provided about \$1.5 million in "gestures" (financial assistance) to area cancer patients and survivors!

As a lifelong fitness enthusiast and a cancer survivor, I experienced many benefits of exercise and activity and have long-believed that exercise and activity should be a part of just about every cancer patient's/survivor's treatment plan, recovery plan and survivorship plan. In late 2009 I approached the SCCC Board of Directors with the idea of offering FREE healthy and active living opportunities to area cancer patients and survivors through SCCC. On February 1st of 2010 my brainchild, "Survive, Thrive & Be Fit," became a reality with our very first Gentle Yoga for Cancer Survivors class!

Over the past ten years, ST&BF has grown to include a variety of activities beyond Gentle Yoga for Cancer Survivors: Steps to Survivorship (walk/jog/runs), Indoor Row Group, Pickleball Play, Hiking Along the Cancer Journey (day hikes and overnight backpack outings), Survivorship Through the Lens (outdoor photography outings), the Active Survivors of Sheboygan (exercise/activity logs) and more!

We took the opportunity to celebrate ten years of ST&BF this past Saturday with Indoor Row Group opportunities between 8A and 11A during which an all-time high of NINETEEN survivor-athletes/rowers came together to row an all-time high distance of 124,600m during a single IRG session, beating our previous high

total of 123,400m set just a few days earlier (on January 27th)! This shows that every survivor-athlete who is a part of this team is important! Had any one of our IRG members not rowed on this day, we would not have been as successful as we were!

It was especially good to welcome back one of our long-time ST&BF survivor-athletes, Dan Kunda! We have missed Dan over the past six months as he has been recuperating from a recent (non-cancer-related) illness and he continues to work hard to regain his strength!



Above Photo: Indoor Row Group members (R to L) Dan Kunda, Brett Goebel, Dennis Sundell and Linda Ansay.

Also included in the festivities of the day was a Gentle Yoga for Cancer Survivors session that was led by Katie Boge, CYT! Katie taught that very first Gentle Yoga class exactly ten years ago and continues to teach us today along with several other certified yoga instructors!



Although typically time on the yoga mat should be time to clear one's mind and focus on the present... On this particular day I found so many memories and stories of years-gone-by floating through my mind, partly fueled by several familiar songs on Katie's playlist that have

been a part of this group over the years including two of the most exquisitely peaceful songs I have ever heard.

This first song is one that simply seems it was written for this very group!

“Into the Dark of the Night” by Joe Fred

Eyes wide open / Into the dark of the night / I have chosen / to breathe in the light / I'm breathing in light / Through all the choices I have made this far / I'm waking up to who we really are / Eyes wide open / We all are the lights / Each one of us light / But if I fall / Will you please come and hold me / And I will hold you / Through it all / I'm just so grateful to know you / And now you know me / Through all the trouble we have seen this far / We're waking up to who we really are / Eyes wide open / We all are the lights / And we're shining a light / Into the dark of night / But if you fall / Then I will come and hold you / And you can hold me / Through it all / Now I can say that I love you / And know you love me / Through all the trouble we have been this far / We've woken up to who we really are / Eyes wide open / We all are the lights / And we're shining our light / Into the dark of night.

<https://www.youtube.com/watch?v=kCx4f7Foe2A>

As this deeply meaningful song played, I found my mind drift and wander away from Katie's instruction (I'd say “Sorry Katie!” but I know she fully understands). Instead, I found myself reflecting on all of the survivors that have been a part of this unique and extraordinary group over these past ten years. Whenever one or more of us come together, for yoga or any of our healthy activities, everyone is simply there with one another and for one another! Many from this group continue to participate, others are now busy living and enjoying a full and meaningful life following their cancer experience and, sadly, there are those who are no longer with us!

But as this second song reminds us, “All is well!”

“All is Well” by Joe Fred

https://www.youtube.com/watch?v=ofiDvmxS_0c

Next up was a quick ST&BF Team photo! Although my work allows me to gather with many of these individuals on a fairly regular basis, typically in smaller groups, never before have so many of us come together at one time!



Survivor-Athletes Pictured Above (L-R, standing): Judy Kleijunas, Mary Rohde, Janet Sampson, Cindy Becker, Chuck Cioper, Sharon Pentek, Althea Smith, Lenny

Bogenschutz, Barb Bogenschutz, Beth Stockdale, Beverly Leonard, Linda Ansay, Sue Zalewski, Chris Meyer. (L-R sitting): Dan Kunda, Stacy Harriott, Rae-Ellen Weber, Cindy Daane, Leah Huesterberg, Kirstin Opgenorth, Kathy Burch, Tim Renzelmann. Other Survivor-Athletes participating throughout the day but not pictured: Kay Baumann, Mike Brachmann, Brett Goebel, Jennifer King, Meryellen Kloiber, John Seaman and Dennis Sundell.

Next up was our ST&BF Survivor-Athlete Recognition Lunch with some delicious sandwiches and healthy salads provided by Panera Bread...



...supplemented by plenty desserts provided by those that attended, including this unique cake by cancer survivor Cindy Becker!



We took the time while we were eating to go around the room and recognize all of the attending survivor-athletes and their co-survivors. I was absolutely thrilled to hear the many ways that participating cancer patients/survivors as well as co-survivors benefitted from their involvement in ST&BF! I will be sharing some of those comments in future issues of this update.

I certainly appreciate the kind words and compliments that were bestowed upon me – however, I assure you, I really don't do much!

Many of our ST&BF survivor-athletes know how much I love it when they “wear the blue” of Survive, Thrive & Be Fit! We don't *give* these shirts away... cancer patients/survivors have to *earn* them! Well, I was thrilled on Saturday to be surrounded by ST&BF blue (check out the photos)!!! 😊 But when it comes to those shirts... all I did was order them. The survivors are the ones that do the real work: they make exercise

and activity a priority in their lives... they take the time out of their busy schedules to participate... they do the work... they make the effort... they support and encourage one another... they provide a positive and healing environment... they are the heart and soul of this local cancer community!

Other than that, as I have often pointed out, my position and the work that I do says so much about Dr. Matthews and Dr. Bettag, who financially support this position and the work involved! They are the ones deserving of all of our thanks and gratitude!



Dr. H. Marshall Matthews



Dr. S. Mark Bettag



We finished the day with a TLC (Together we Live with Cancer) Survivorship Can Be Fun Game Gathering that included the first of three qualifiers for the TLC World Series of Blackjack! Consider joining us on Tuesday, February 18th and/or Thursday, February 27th for a chance to earn a seat at the final table that is scheduled for Thursday, February 27th at 7PM! See attached for details!

ST&BF Indoor Group Making Meters More Meaningful by Raising Money for the Cancer Care Fund!

The Indoor Row Group continues with its record-breaking season by finishing the Concept2 Virtual Team Challenge in 97th place (out of 589 teams worldwide) and first in the Medical Facility division by accumulating 1,979,449m between January 1st and January 31st (an average of 98,972m for each of the 20 team members: Tim Renzelmann, John Seaman, Jennifer King, Bob Hartig, Sue Zalewski, Rae-Ellen Weber, Mike

Brachmann, Dennis Sundell, Janet Sampson, Linda Ansay, Maryellen Kloiber, Deb Borucki, Kathy Burch, Lisa Glander, Leah Heusterberg, Kathryn Kuhn, Kirstin Opgenorth, Brett Goebel, Chuck Cioper and Althea Smith).

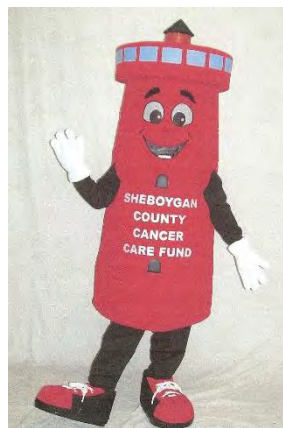
Despite the team's many successes already this season you should know that IRG is NOT a group of elite, highly-trained or overly competitive rowers. IRG is simply a dedicated and committed group of cancer patients and survivors who are having fun, enjoying one another's company and appreciating the opportunity to come together to engage in a healthy activity while working towards a common goal! And we are always looking for new members (contact Tim if interested).



Re-CENT-ly, the Indoor Row Group has decided to schedule a CENT-sational row session during which team members will row some mangif-CENT meters while raising money for the Cancer Care Fund!

You can join us on February 12th (Abraham Lincoln's birthday) either by rowing with us (contact Tim for details) or by making a donation towards this effort (see attached for details)!

"It really is a 'Beacon of Hope'!" Sheboygan County Cancer Care Fund Provides "Gestures" (Financial Assistance) to Those in Need!



Although many of the articles in this Local Cancer Community Update promote SCCC's Survive, Thrive & Be Fit events and activities... the main objective of SCCC is to provide "gestures" (financial assistance) for area cancer patients and survivors experiencing the financial hardships of a cancer diagnosis.

I received this thank you note from a recent recipient (name withheld for confidentiality reasons) and thought I would share it with all of you who support the work of SCCC, through generous donations of time and/or money:

To the Cancer Care Fund Representatives,

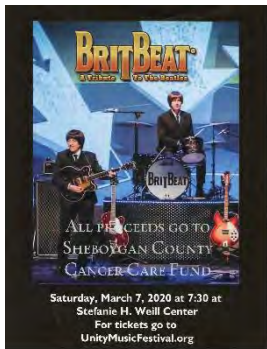
Thank you for the generous grant in the form of two checks to help with expenses associated with my blood borne cancer. It has been a rough road for myself and my family, as it is for anyone with any diagnosis of cancer. Unfortunately, my body rejected the first transplant that I had last year; I received my second stem cell transplant on January 10th, 2020.

Without your foundation, the generous donors and the grants offered, costs would be alarmingly high even with insurance coverage. Please continue the wonderful work your foundation does, it really is a "Beacon of Hope!"

2020 Unity Music Festival: "Brit Beat" Beatles Tribute Band on Saturday, March 7th – Get Your Tickets NOW!

Saturday, March 7th, 2020 ● 7:30PM

Weill Center, 826 N. 8th Street, Sheboygan



The Unity Music Festival has blossomed from one musical night in the basement of one cancer survivor 15 years ago into a full-fledged music concert experience. Since its founding the festival has raised close to half a million dollars for **The Sheboygan County Cancer Care Fund**.

The members of BritBeat will take you on a journey through Beatles music history and will tell the story of the Beatles from their early days at the Cavern Club in Liverpool, their dynamic debut on the Ed Sullivan Show, the attendance busting concert at Shea Stadium and onward to the psychedelic Sgt. Pepper era and finally the later years of Abbey Road and the White Album. The entire concert plays to the backdrop of immersive and captivating moving multimedia that intertwines with the moods and emotions of the Beatles' iconic music catalog.

For More Information:

<https://unitymusicfestival.org>

Events/Activities for Area Survivors:

See attached flyers for details, visit

www.scccf.org/events or call 920.457.2223!

SCCCF Survive, Thrive & Be Fit: Indoor Row Group Sessions!

February 4th, 11th, 12th, 17th, 18th, 20th, 25th, 26th & 27th

● Various Times

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

The Indoor Row Group (IRG) continues with the 2019/20 season which runs through April 30th. Survivor-Athletes are welcome to join the group at any point throughout the season! To schedule an Indoor Row Group Intro/Demo contact Tim.

SCCCF Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors!

Tuesdays, February 4th, 11th & 25th ● 530P

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Gentle Yoga Sessions include stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. Beginners welcome, no experience required!

SCCCF Survive, Thrive & Be Fit "Pickleball Play" & More!

Wednesdays, Feb. 5th, Mar. 4th, Apr 1st ● 6P to 8P

Farnsworth Middle School, 1017 Union Ave., Sheboygan

Join us for some fun, casual and non-competitive Pickleball Play for beginners and advanced players with tips and instruction provided by pickleball enthusiast Bruce Becker!

TLC Survivorship Can Be Fun Game Gathering: TLC World Series of Blackjack/TLC Tournament of Games!

Tuesday, February 18th ● 430P to 6P & 7:30P to ???

Thursday, February 27th ● 430P to 7:30P

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Attend any of our TLC Survivorship Can Be Fun Game Gatherings this month to participate in the World Series of Blackjack with players vying for a spot at the final table on Thursday February 27th or enjoy any of a variety of other games as part of our current TLC Tournament of Games!

TLC Survivorship Session: A Day in the Life of an Oncology Nurse

Tuesday, February 18th ● 6PM

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Guest Speaker: Cathy Keefe, OCN – MOA/SCBS Nurse Manager. We often discuss cancer from the perspective of cancer patients/survivors at TLC. This month Cathy Keefe, OCN will share her perspective as a professional caregiver with over twenty years of oncology experience!

SCCCF Survive, Thrive & Be Fit "Survivors on Snowshoes"!

Sunday, February 23rd ● 3P

Christopher Farm & Gardens (Register for details)

Join us for a casual snowshoe outing and a unique opportunity to see a different kind of natural beauty at the Christopher Farm & Gardens!

Tim E. Renzelmann – 920.458.7433, 920.457.2223

trenzelmann@physhealthnet.com

MOA/SCBS Cancer Coach (920.458.7433)

SCCCF Vice President (920.457.2223 – 920.45-SCCCF)

www.moa-scbs.com ● www.scccf.org



February, 2020



Events & Activities of the Local Cancer Community!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|------------------------------------|---|--|---|--------|--|
| | | | | | | 1 IRG (8A-1030A) Yoga (930-1030A) ST&BF (11A-1P) TLC-GG (5-8P) |
| 2 | 3 IRG (10-1130A) | 4 IRG (3-630P) Yoga (530-630P) | 5 PBP (6-8P) | 6 | 7 | 8 |
| 9 | 10 | 11 IRG (3-630P) Yoga (530-630P) | 12 IRG (3-630P) "10 per CENT" "100 per CENT" | 13 | 14 | 15 |
| 16 | 17 IRG (10-1130A) | 18 IRG (3-8P) TLC-GG (430-8P) TLC-SS (6-730P) | 19 | 20 IRG (10-1130A) | 21 | 22 |
| 23 Steps/SoS (3P) | 24 Healthful Eating (6P) | 25 IRG (3-630P) Yoga (530-630P) | 26 IRG (10-1130A) | 27 IRG (3-630P) TLC-GG (5-8P) | 28 | 29 |

| KEY | Highlights & Details (see flyers for more information or call 920.457.2223) |
|--|---|
| TLC-SS: Survivorship Session Together we Live with Cancer Peer-to-Peer Support Activity | <i>This month's guest speaker is Cathy Keefe, OCN – MOA/SCBS Nurse Manager, who will describe "A Day in the Life of an Oncology Nurse." Cathy has twenty years of experience treating area cancer patients and survivors, almost all of those years here at MOA/SCBS, and will share the many joys and challenges of her work.</i> |
| TLC-GG: Game Gathering Together we Live with Cancer Peer-to-Peer Support Activity | <i>This month offers two "TLC World Series of Blackjack" opportunities, the first session on Saturday, February 1st and the second session, featuring a "final table" on Thursday, February 27th as well as our monthly Game Gathering before and after our TLC Survivorship Session on Tuesday, February 18th. A variety of games will be offered at all sessions!</i> |
| Yoga: Gentle Yoga for Cancer Survivors SCCCF Survive Thrive & Be Fit | <i>We will be celebrating the Ten-Year Anniversary of our first Survive, Thrive & Be Fit activity, which was also our first Gentle Yoga for Cancer Survivors session on Saturday, February 1st (along with a few other celebratory opportunities)! Additional Gentle Yoga for Cancer Survivors sessions will be held on Tuesdays, February 4th, 11th and 25th at 530PM!</i> |
| IRG: Indoor Row Group SCCCF Survive, Thrive & Be Fit | <i>The Indoor Row Group continues to grow as the season, which runs through April 30th, continues! This month's challenges include the Concept2 Valentine's Day Challenge along with a chance to take some "Strokes for Survivorship" while raising some "Money for Meters" for SCCC on February 12th! New members are always welcome. Contact Tim!</i> |
| PBP: Pickleball Play SCCCF Survive, Thrive & Be Fit | <i>Join us on Wednesday, February 5th at Farnsworth Middle School for some fun, casual and non-competitive Pickleball Play for beginners and advanced players with tips and instructions provided by pickleball enthusiast Bruce Becker! Additional Wednesday evening sessions are scheduled for February 5th, March 4th, April 1st and May 6th!</i> |
| Steps/SoS: Survivors on Snowshoes at the Christopher Farm & Gardens | <i>Join us for a casual snowshoe outing and a unique opportunity to see a different kind of natural beauty at the Christopher Farm & Gardens! If weather/conditions allow, we may build a warming fire in one of the nearby fire pits for folks to gather!</i> |
| Support SCCC and Your Local Cancer Community! "Coins for Cancer Care!" | <i>I appeal to your CENT-cere CENTS of generosity and request your com-PENNY in providing the e-CENT-ial funding through which SCCC can continue to provide its CENT-sational services to magnifi-CENT cancer patients and survivors in our community! Contact Tim to receive a "Coins for Cancer Care" coin collection box!</i> |

For details, see the most recent issue of the **Local Cancer Community Update**, visit www.sccc.org or call **920.457.2223**.

Survive, Thrive & Be Fit!

Indoor Row Group!

**GIVING “10 PER CENT”,
“100 PER CENT” OR MORE!**



Participating IRG members will donate 1 cent for every ten meters they row (10 meters per cent or “10 per CENT”) or 1 cent for every 100 meters that the team rows (100 meters per cent or “100 per CENT”) during the Indoor Row Group session on February 12th!

Consider making a donation in any amount to support this fundraising effort of the Indoor Row Group: *Linda Ansay, Cindy Becker, Mick Brachmann, Kathy Burch, Chuck Cioper, Lisa Glander, Brett Goebel, Leah Heusterberg, Jennifer King, Maryellen Kloiber, Kathryn Kuhn, Candy Meyer, Kirstin Opgenorth, Tim Renzelmann, Mary Rohde, Janet Sampson, John Seaman, Althea Smith, Dennis Sundell, Rae-Ellen Weber, Deb Borucki and Sue Zalewski!*

Taking “Strokes for Survivorship” & donating “Money for Meters”!

Name:

Cancer Survivor:

Address:

☐ YES ☐ NO

City:

State:

Zip:

Donation Amount (check one):

☐ \$10.00 – To commemorate 10 Years of “Survive, Thrive & Be Fit”!

☐ \$20.20 – To honor all “Survive, Thrive & Be Fit” survivor-athletes throughout the year!

☐ Other Amount: \$_____._____ To Honor: _____

Donors/Donations received by Friday, February 14th will be listed in a follow-up article in the “Local Cancer Community Update”. ☐ Check here if you do not wish to be listed in that article.

Survive, Thrive & Be Fit!

Indoor Row Group!

JOIN THE 2019/20 INDOOR ROW GROUP!

- The Indoor Row Group (IRG) welcomes Survivor-Athlete/Rowers of all abilities!
- IRG meets regularly at MOA/SCBS with additional indoor rowing options at the Sheboygan & Sheboygan Falls YMCAs.
- The IRG 2019/20 Season runs from November 1st through April 30th.
- The IRG season offers a variety of individual and team challenges.
- Survivor-Athlete/Rowers can join us at any time throughout the season!
- Contact Tim for details or to schedule an Indoor Row Group Informational Session and Demo!



Above: Survivor-Athletes after completing the 4th Annual 2019 Lake Michigan Crossing!



Benefits of Indoor Rowing:

- Rowing is easy to learn and can be enjoyed by all ages and abilities!
- Rowing is a low impact activity offering smooth, rhythmic and impact free motion for comfortable and injury free exercise!
- Rowing exercises all major muscle groups through a wider range of motion than most other exercises thereby promoting strength, fitness, flexibility and mobility!
- Rowing with others provides for a supportive, social and enjoyable environment!
- Rowing is a time-efficient exercise that allows for a great workout in little time!

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



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

“Survive, Thrive & Be Fit!”



Gentle Yoga for Cancer Survivors!

GENTLE YOGA sessions include stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. **Beginners welcome, no experience required!**

Saturday, February 1st

9:30AM to 10:30AM

With Katie Boge, CYT

Tuesdays, February 4th, 11th & 25th!

5:30PM to 6:30PM

With Kaitlynn Kiela, CYT

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

Space is limited. RSVP is encouraged by contacting Tim at 920.457.2223 or trenzelmann@physhealthnet.com.



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

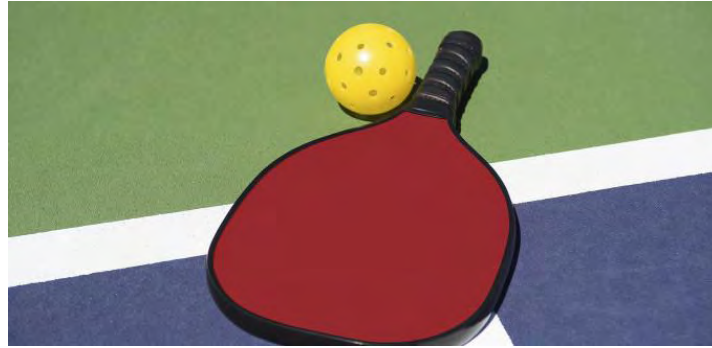


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To learn more:
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Survive, Thrive & Be Fit!

Indoor Pickleball Play



Wednesday Nights!

Feb. 5th, Mar. 4th, Apr. 1st & May 6th

6PM to 8PM

Farnsworth Middle School • 1017 Union Avenue • Sheboygan
(Park in the East Parking Lot off S. 10th Street)

Join us for some fun, casual and non-competitive Pickleball Play for beginners and advanced players with tips and instruction provided by pickleball enthusiast Bruce Becker!

No experience necessary! Beginners welcome!

All equipment provided!

For more information and to register for this FREE activity for cancer patients and survivors and their co-survivor guest, please call Tim at 920.457.2223 or e-mail trenzelmann@physhealthnet.com!



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Together we
Live with
Cancer!



TLC Survivorship Can Be Fun GAME GATHERINGS!

Including TLC's World Series of Blackjack!



Three qualifying opportunities. Players will begin with the same chip count and play a 21-hand game. Betting minimums and maximums will increase every seven hands. Players with highest chip count after 21 hands will advance to the "final table" to be held on Thursday, February 27th!

TLC Tournament of Games:



Additional games (including "Crokinole") will be available or bring a favorite game of your own to share and play and participate in our current TLC Tournament of Games!

Saturday, February 1st ● 1P to 3P

Tuesday, February 18th ● 4:30P to 6P, 7:30P to ??

Thursday, February 27th ● 4:30P to 6:30P

FINAL TABLE for Qualifying Players at 7P

FREE! No experience required. Basic Instruction Provided.

\$5 Donation to SCCCCF: Raffle ticket & extra "TLC Chip"!

We don't stop playing because we grow old, we grow old because we stop playing." – George Bernard Shaw

FREE! Light food and snacks will be provided! RSVP is Always Appreciated!

**LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room
● TO RSVP: Call Tim at 920-458-7433 or trenzelmann@physhealthnet.com ●**



Together we Live with Cancer!



Tuesday, February 18th

Survivorship Session



6:00_{PM}

A Day in the Life of an Oncology Nurse

***Presented by: Cathy Keefe, OCN
MOA/SCBS Nurse Manager***

A hematology/oncology nurse provides both curative and palliative treatments for all types of cancer and blood disorders. The nurse is responsible for administering chemotherapy as well as assessing for complications from this therapy and providing the appropriate interventions. Exposed to a wide variety of emotions throughout the day, he/she enjoys the challenge of caring for very sick as well as stable patient populations. Cathy will share the many challenges and joys of twenty years as a hematology/oncology nurse!

Survivorship Can Be Fun Game Night

4:30P to 6P

7:30P to ??

Tournament of Games!

*Play any of our
“regular” TLC
games... or bring a
favorite game or
puzzle to share!*

*Connect with fellow
cancer survivors and
co-survivors in this
fun and casual
setting!*

No FEE or Registration Required. RSVP Always Appreciated.

**LOCATION: Matthews Oncology Associates • Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan • Second Floor Conference Room
• Call 920-458-7433 (Ask for Tim) for more information! •**

Survive, Thrive & Be Fit!

Survivors on Snowshoes



Sunday, February 23rd
3:00PM



**THE CHRISTOPHER
FARM & GARDENS**

Sheboygan, Wisconsin

W580 Garton Road, Sheboygan

Join us for a casual snowshoe outing and a unique opportunity to see a different kind of natural beauty at the Christopher Farm & Gardens!

Registered participants will be notified of our meeting location and may choose a comfortable distance.

If weather/conditions allow, we may build a warming fire in one of the nearby fire pits for folks to gather!

Please dress appropriately and according to the weather!

No experience necessary!

A limited supply of snowshoes available – Contact Tim ASAP!

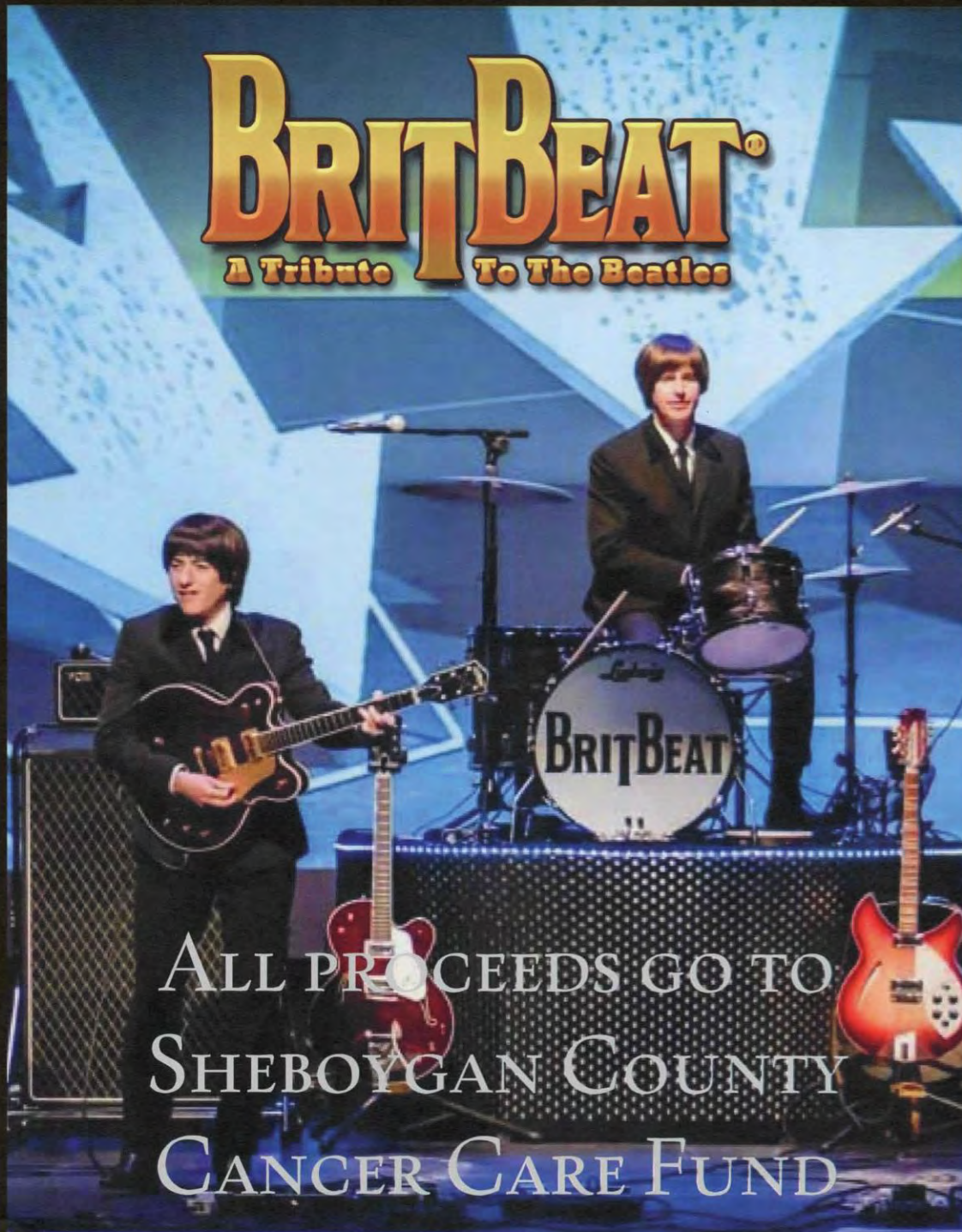
Registration Required by calling 920.457.2223 or e-mail trenzelmann@physhealthnet.com



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To learn more:
visit www.scccf.org or call 920.457.2223



**Saturday, March 7, 2020 at 7:30 at
Stefanie H. Weill Center
For tickets go to
UnityMusicFestival.org**