

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann • February 13th, 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!



The Cancer Care Fund – “It really is a ‘Beacon of Hope’!”



The Sheboygan County Cancer Care Fund continues to provide a wide variety of “gestures” (financial assistance) to those in our community who are experiencing some of the financial challenges of a cancer diagnosis. Even though much of what SCCCFF does is done rather quietly in the background of what can often be an overwhelming disease that can

permeate every aspect of a person’s life... it’s effect can be quite profound and encompassing!

Consider these recent notes from those in our community (names have been withheld for confidentiality reasons) who have benefitted from the “gestures” offered through the Fund:

To the Cancer Care Representatives,

Thank you for the generous grant in the form of 2 checks to help with expenses related to my blood 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 earlier this year.

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!”

To the Sheboygan County Cancer Care Fund,

I want to thank you for the donation on behalf of my family and myself. Dealing with cancer is difficult in many aspects and your donation helped with the financial part. Thank you for everything you did for me, as well as the community.

(names withheld)

Twenty-One Survivor-Athletes Qualify for the 2020 ST&BF Team in January!

Congratulations to these 21 survivor-athletes who qualified for the 2020 Survive, Thrive & Be Fit Team within the first 31 days of 2020!

They are each a shining example that *earning a spot* on the ST&BF Team isn’t all-that-difficult... you just must make it a priority!

JANUARY ST&BF Team Qualifiers: Linda Ansay, Cindy Becker, Deb Borucki, Mike Brachmann, Kathy Burch, Chuck Cioper, Lisa Glander, Leah Heusterberg, Mary Kempf, Maryellen Kloiber, Jennifer King, Kathryn Kuhn, Diane Micolczyk, Kirstin Opgenorth, Tim Renzelmann, John Seaman, Althea Smith, Janet Sampson, Dennis Sundell, Rae-Ellen Weber & Sue Zalewski

Year-To-Date Comparisons (2018, 2019, 2020):

January	2018	2019	2020
Participating Survivor-Athletes	35	34	39
ST&BF Team Members (5+ pts)	12	10	21
ST&BF Team Activity Points	131	149	246



Just some of the 44 survivor-athletes that “earned a spot” on the 2019 ST&BF Team!

The World According to Tim: Athletes Are Special People. Cancer Survivors Are Special People. Cancer “Survivor-Athletes” Are Extra Special People!

By Tim E. Renzelmann

As a lifelong fitness enthusiast and one-time highly competitive athlete, I have always felt a strong

connection with my fellow athletes. As an almost 28-year cancer survivor I also feel a special connection with my fellow survivors. Put the two together... and I have an especially strong connection with my fellow "survivor-athletes."

I define a "cancer survivor" as anyone who is alive today that has experienced a diagnosis of cancer... whether one-minute ago, one-week ago, one-year ago or one-decade ago. It matters not if you are in treatment or out of treatment... whether there is evidence of disease or no evidence of disease. If you've ever heard the words, "You have cancer!" and you are alive today... you are a cancer survivor!

I define an "athlete" as anyone who demonstrates a commitment to improving their physical fitness and abilities. It doesn't matter if that commitment was made an hour ago, a month ago, a year ago or a lifetime ago! It doesn't matter if you compete against others or just challenge yourself. If you are interested in and taking actions to move your body with the goal of reaching a greater physical potential... you are an athlete.



In the most recent January/February issue of *Coping with Cancer* magazine there is an article about Olympic Champion cross country skier and breast cancer survivor Kikkan Randall. I watched in 2018 when she teamed up with fellow American Jessie Diggins to win the freestyle team

sprint, making history by winning the first-ever U.S. women's Gold Medal in the sport of cross-country skiing at the PyeongChang Winter Olympics! A few months later, on Mother's Day of that same year, she found a lump.

You can read "the rest of the story" here:

<https://www.copingmag.com/coping-with-cancer/olympic-champion-skier-kikkan-randall>

As we all know, cancer does not discriminate... not even against the world's fittest athletes. Kikkan is one of many elite athletes who has faced a cancer diagnosis.

Most of us, I suspect, would agree that being physically fit at the time of a cancer diagnosis offers many benefits

as you proceed through the often-grueling treatment. Similarly, I suspect that most of us would agree that exercise and activity have many benefits as we recover from cancer-related treatment. Many of these elite "survivor-athletes" are contributing to a growing mound of evidence related to important and beneficial role that exercise can play *during* cancer treatment!

"I actually rode my bike to and from each of my chemotherapy sessions. And that was my way of getting a little victory and a little activity every day."

- Kikkan Randall

Much has come forward about the many ways that exercise and activity can reduce some of the side effects of cancer treatment including nausea and fatigue. But there is much more to it than that.

Consider the work of Dr. Lee Jones, formerly of Duke University Medical Center and now with Memorial Sloan Kettering Cancer Center. Dr. Jones has become a leading researcher specializing in the field of exercise-oncology: the study of physical activity and its impact on cancer and cancer treatment.

He and his team are examining the benefits of physical activity beyond controlling the symptoms and side effects of cancer treatment to determine whether exercise itself can reduce cancer progression, reduce tumor growth and render tumors more responsive to anti-cancer therapies and improving the body's response to treatment.

Dr. Jones admits, "Our findings on physical activity and cancer tumors are entirely fresh, and it may well take as long as 15 years to learn how to utilize this knowledge to benefit patients."

But a growing number of cancer patients and survivors; like those who participate in SCCCF's Survive, Thrive & Be Fit activities, those who have joined the LIVESTRONG at the Y program, those who participate in the Bridge to Wellness opportunity and those who are committed to their own exercise program and routine; aren't waiting for science to prove what many of us have already come to experience and understand to be true.

I invite you to come and join us as we continue "Making Sheboygan County the Healthiest Place to Survive Cancer!"

And keep in mind, the many physical health benefits that exercise and activity may have for cancer patients and survivors is only "one side of the coin," as I like to say! Consider these words that were shared by Kirstin Opgenorth, one of our current "survivor-athletes," during the re-CENT ST&BF Ten-Year Anniversary Recognition Lunch earlier this month:



My name is Kirstin Opgenorth. I am about a year and a half post-treatment for adenocarcinoma. I have said it before, and I'll say it again... I was given that slip of paper about this group when I was first diagnosed. But you're given so much information and being told what you need to do. I thought to myself, "I don't want this cancer. I don't want people telling me what to do. I don't want this piece of paper!" So, I just put it aside. It wasn't until after all of my

treatment had been completed and I was going through some of the information I was given that I came across this piece of paper again about the Sheboygan County Cancer Care Fund. I started thinking about it more seriously. Then a good friend of mine was diagnosed with cancer and she wanted to see what this group was about. Even though she didn't show up, I started coming and I'm still here! It was the strongest group of people, the best group of people I could have ever been introduced to! The group of people that I thought I never needed is the group of people that I discovered I needed the most!

Join Kirstin and others like her who are...

Making Sheboygan County The Healthiest Place To Survive Cancer!



Survive, Thrive & Be Fit: For more information contact Tim at trenzelmann@physhealthnet.com or 920.457.2223.

LIVESTRONG at the YMCA: For more information about this FREE 12-week class at the Sheboygan YMCA with daytime and evening classes (a morning class is scheduled to begin later this month) and six-month YMCA membership contact Carrie or Denice at the Sheboygan YMCA -920.451.8004, ext. 130. (See attached flyer.)

Bridge to Wellness: For more information this 12-week class at the Sports Core in Kohler scheduled to begin on March 5th contact Matt Luders at 920.884.5774 or email: matt.luders@hshs.org. (See attached flyer.)

2020 Unity Music Festival: "Brit Beat" Beatles Tribute Band on Saturday, March 7th – Almost 800 Tickets SOLD!

Saturday, March 7th, 2020 ● 7:30P

Weill Center, 826 N. 8th Street, Sheboygan



This year's Unity Music Festival featuring Beatles tribute band "BritBeat" is less than a month away and, based on ticket sales already, it could turn out to be the best-attended events of the Weill Center's spring line-up! Get your tickets now before it sells out!

All proceeds benefit 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>

"Coins for Cancer Care" Campaign to Benefit the Cancer Care Fund!



I appeal to your CENT-cere CENTS of generosity and request your com-PENNY in providing e-CENT-ial funding to SCCCFF through which we

can continue to ac-CENT-uate the lives of many magnifi-CENT cancer patients and survivors within our CENT-sational community!

Consider donating your pennies... your nickels... your dimes... your quarters... your half dollars... your dollar coins... your currency...

NO DONATION IS TOO SMALL OR TOO LARGE!

Pick up a "Coins for Cancer Care" coin box at MOA/SCBS or contact Tim (the "Penny Enthusiast")!

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 17th, 18th, 20th, 25th, 26th & 27th ● Various
Times (Contact Tim for details)

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.

TLC Survivorship Can Be Fun Game Gathering: TLC's World Series of Blackjack and the 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. 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!

SCCCF Survive, Thrive & Be Fit: Steps to Survivorship/Survivors on Snowshoes!

Sunday, February 23rd ● 3P

Christopher Farm & Gardens, 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!

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

Tuesday, February 25th ● 530P

Mondays, March 2nd, 9th & 16th ● 530P

Saturday, March 7th ● 930A

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, Mar. 4th, Apr 1st, May 6th ● 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!

2020 Unity Music Festival: “Brit Beat” Beatles Tribute Band Benefitting the Cancer Care Fund!

Saturday, March 7th, 2020 ● 7:30P

Weill Center, 826 N. 8th Street, Sheboygan

Tickets selling fast! All proceeds benefit SCCC! It is sure to be a great show!!!

11th Annual “Flowers for the Fund” Spring Flower Sale to Benefit SCCC!

Order blanks coming soon!

Watch for details!

12th Annual “Cancer Crusade” Walk/Jog/Run to Benefit SCCC!

Saturday, April 18th ● 7:30A to 10:00A

Sheboygan YMCA,

Watch for details!

4th Annual Shops at Woodlake Spring Fashion Event to Benefit SCCC!

Saturday, April 18th ● Watch for Details!

Woodlake Market, Kohler, WI

Watch for details!

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

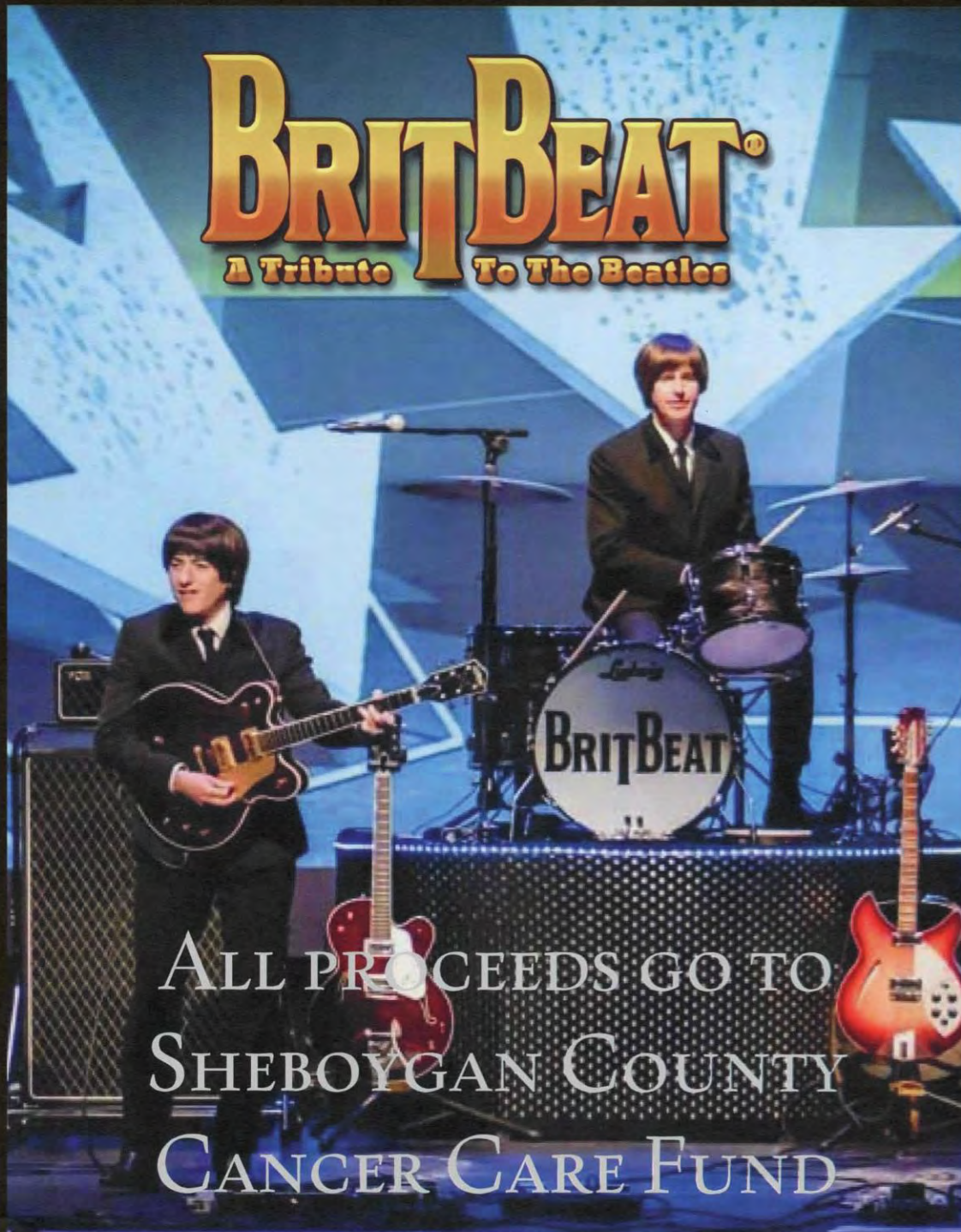


Events & Activities of the Local Cancer Community!

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 e-CENT-ial funding to SCCC through which we can continue to ac-CENT-uate the lives of many magnifi-CENT cancer patients and survivors within our CENT-sational our community!</i>

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



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

Survive, Thrive & Be Fit!

Indoor Row Group!

SURVIVOR-ATHLETE/ROWERS WANTED FOR THE FIFTH ANNUAL



*Above: ST&BF Survivor-Athletes
who completed the 2019 Lake
Michigan Crossing!*

LAKE MICHIGAN CROSSING!

Saturday, March 14th

7:15AM Start • Sheboygan YMCA

BEGINNERS WELCOME!!!

A dedicated group of rookie and veteran survivor-athlete/rowers are preparing for this year's relay-type crossing. If you are interested in being a part of this unique experience (and tell your family and friends that you "rowed across Lake Michigan"), contact Tim TODAY to schedule in brief introduction to learn a few rowing basics and give it a try! Then, if you'd like, join us on the day of the crossing and row with us!

NOTE: Rowers need not be present for the full 100,000m crossing which, because it is completed using three ergs, should take us about 3.5 hours, followed by a post-event stop at Suscha's! 😊

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!



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To learn more:

visit www.scccf.org or call 920.457.2223



Together we
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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

“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.



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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!

Mondays, March 2nd, 9th & 16th

5:30PM to 6:30PM

With Katie Boge, CYT

Saturday, March 7th

9:30AM to 10:30AM

With Katie Boge, 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.



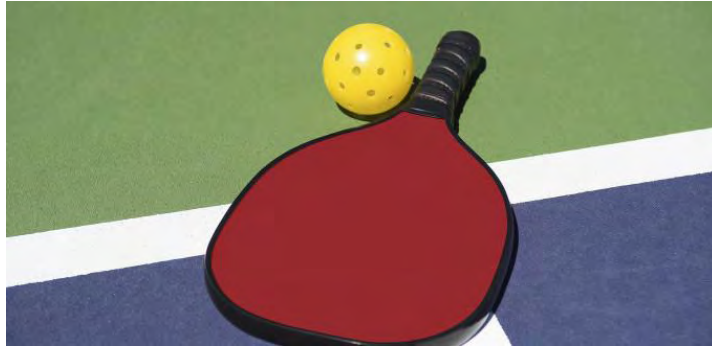
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Survive, Thrive & Be Fit!

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

SPRING BRINGS WELLNESS WITH LIVESTRONG AT THE YMCA!

Please join us for our FREE 12 week wellness program, which includes a 6 month membership to the YMCA! If interested, please contact Carrie Green at (920) 451-8004 x130 with questions or to schedule an intake interview.

LIVESTRONG alumni who would like to reconnect with the YMCA, please contact Carrie to learn about opportunities and membership discounts.

Bootcamp every Saturday at 8am for Livestrong alumni and participants at the Sheboygan YMCA



LIVESTRONG

FOUNDATION



Surviving cancer is an accomplishment that deserves to be celebrated. Together with Sports Core and HSHS St. Nicholas Hospital, Anew Cancer Survivorship is proud to offer **Bridge to Wellness**, a series promoting balanced wellness for cancer survivors with a focus on exercise and nutrition.

For 12 weeks, participants learn about exercise, nutrition and making healthy choices as a cancer survivor. Each participant will meet one-on-one with a cancer exercise specialist and a dietitian.

Cancer survivors who have been approved by their oncology team are encouraged to participate. *Each participant will receive a complimentary membership at Sports Core for the duration of the program.*

Pre-assessments will be held February 24 through March 4. A program representative will contact you to schedule your individual assessment appointment.

Cost: \$100 per person (scholarships available)

For more information or to register online, visit stnicholashospital.org/Bridge, or contact Matt Luders, program facilitator, at (920) 884-5774 or email: matt.luders@hshs.org.

Weekly series:

March 5 through May 21, 2020 • Thursdays, 4:30 to 6:30 p.m.



Sports Core
100 Willow Creek Drive
Kohler, WI 53044

