

# “Survive, Thrive & Be Fit!”



## Gentle Yoga for Cancer Survivors!

### VIRTUAL YOGA SESSIONS (via Zoom)!

**Description:** Let's join together for yoga and guided relaxation. We'll set intentions for the global good, and take time to practice self-care together while we're apart. Remember it's important to stay connected with each other and those we care about.

**Monday Evenings - September 14<sup>th</sup> & 28<sup>th</sup>**

**5:15PM to 5:30PM – Casual Check-In**

**5:30PM to 6:30PM – Virtual Yoga**

With Kaitlyn Kiela, CYT

**MEETING ID: 833 9821 3314 • PASSWORD: 892356**

#### **OTHER Yoga Opportunities:**

**Sunday, September 20<sup>th</sup> • Christopher Farm & Gardens**

**OUTDOOR “Pop Up” Yoga • Dates/Times/Locations TBD!**

For more details (and to request notification of OUTDOOR “POP UP” sessions, contact Tim at 920.457.2223 or email [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