

Survive, Thrive & Be Fit!



Sundays from 1PM to 5PM

September 20th & October 25th

At the **Christopher Farm & Gardens!**

Great Heights with Delightful Kites: Bring your own kite or contact Tim to pick up a kite kit to assemble and decorate prior to the event! Consider participating in a “Kite Building Workshop” via Zoom! Or just join us to see how many kites we can get in the air!!!

Survivorship Can Be Fun “Stomp Rocket” Demo: Watch or participate in this fun demonstration! Join upcoming TLC VIRTUAL Local Cancer Community Updates for details on building your own Stomp Rocket prior to the event!

Gentle Yoga for Cancer Survivors: Enjoy an OUTDOOR Gentle Yoga for Cancer Survivors Session in which participants will be safely spaced. Please bring your own mat.

Steps to Survivorship: Complete the measured and marked 1000m course as part of the *Cumulative* 5K, 10K, Half Marathon or Marathon between that concludes September 25th!

DISC-over DISC Golf: Several disc golf holes (each with choice of a short, medium or long tee) will be scattered throughout the gardens. Contact Tim to reserve discs (limited supply).

Simply Wander this Wonderful Property: There is so much to see... so much to appreciate... so much to enjoy!!! Wander the property at your own pace (maps of the property will be provided). Or simply bring a book and find a quiet spot to enjoy the day!!! This is your time to spend as you please!!!

Participation Guidelines and COVID-19 Precautions:

- Participation open to cancer patients/survivors with a co-survivor guest, medical caregivers!
- A final confirmation e-mail will be sent to all registered participants with details!
- General COVID-19 risk assessment and body temperature screening will be conducted upon entry!
- Safe spacing & social distance practices of all participants required!
- Face masks must be worn when within 6-feet of non-household members!
- No group gathering or assembly! No food or drinks will be served! Contingent upon weather/conditions!

REGISTRATION REQUIRED by September 16th • To Register Call 920.457.2223!

Or send an e-mail to: trenzelmann@physhealthnet.com



**THE CHRISTOPHER
FARM & GARDENS**
Sheboygan, Wisconsin

www.christopherfarmgardens.org

**Christopher Farm &
Gardens is located at
W580 Garton Road,
Sheboygan.**