

“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 is important to stay connected with each other and those we care about.

Tuesday Evenings – October 13th, 20th & 27th

5:15PM to 5:30PM – Casual Check-In

5:30PM to 6:30PM – Virtual Yoga

With Stacy Harriott, CYT

MEETING ID: 833 9821 3314 • PASSWORD: 892356

Watch for **OUTDOOR “Pop Up” Yoga or Introductory Tai Chi Sessions**
(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.



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 or call 920.457.2223