

Join us for a free Survivorship Wellness Sampler!

Saturday, February 8, 2025 9am-12pm

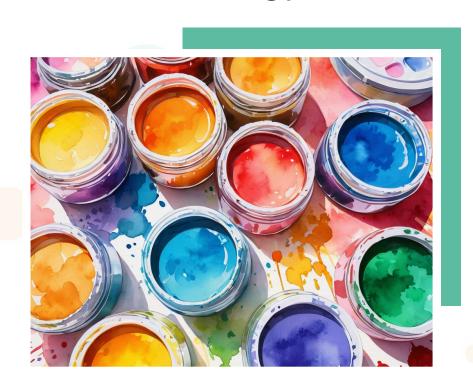
AGENDA OF ACTIVITIES

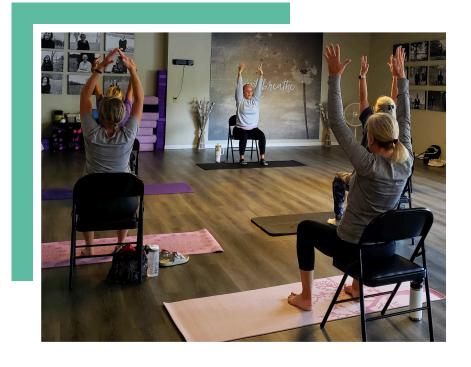
9:00 Get warmed up with a group workout focused on light cardio and strength to move your body! This activity will be led by Colette Reichert, one of our program's physical activity specialists.





- 9:45 Enjoy a post-workout snack and learn how to nourish your body in a way that brings joy into your nutrition to create healthy, sustainable change to your lifestyle. This activity will be led by Alison Tierney, our program's healthy eating specialist and oncology dietitian.
- 10:30 Express your emotions and connect with your inner self in a guided watercolor affirmation. This activity will be led by Kate Pernat, our program's wellness coach.





11:00 Let's wind down with some gentle chair yoga, mindfulness and meditation. This activity will be led by Katie Nied, one of our program's physical activity specialists.

LOCATION:

Attendees will receive a portable blender!

TRICIA'S TROOPS

CANCER CONNECTION 2410 Milwaukee St. #C Delafield, WI 53018



Register here!