



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:



2410 Milwaukee St. #C Delafield, WI 53018

Attendees
will receive
a portable
blender!

Register here!

