

LIVESTRONG[®] AT THE YMCA



PARTNERS IN HEALING THE WHOLE BODY

Cancer Survivorship Program



Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body. The generosity of donors allows us to provide healthy living programs such as LIVESTRONG at the YMCA for our community.

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.



Build
Muscle
Strength

Increase
Flexibility

Strengthen
Energy
Levels

Improve
Endurance

Better
Mood

Interested? Potential participants must contact Emily Young to schedule an intake appointment by September 5, 2018.

2018 FALL SESSION DATES:
Sept. 18, 2018 – Dec. 13, 2018

SESSION TIMES:
The class meets twice a week
Tuesday 1:00 – 2:30 PM
Thursday 1:00 – 2:30 PM

FOR MORE INFORMATION:
Emily Young
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