



L I V E S T R O N G ®

LIVESTRONG® AT THE YMCA

PARTNERS IN HEALING

LIVESTRONG at the YMCA is a small-group, 12-week program, that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis at no cost. Participants will have the opportunity to regain strength, both physically and mentally in a non-medical setting.

Caring Y staff, trained in supportive cancer care, will assist cancer survivors in achieving goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, **LIVESTRONG** at the YMCA focuses on the emotional well-being of survivors by providing a supportive community where people impacted with cancer can connect.

By focusing on the whole person, and not the disease, **LIVESTRONG** at the YMCA helps people move beyond cancer in spirit, mind and body.

To learn more about the LIVESTRONG at the YMCA program or for additional information about our upcoming 12-week program, contact Paul at PMickiewicz@tgfymca.org