



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG at the YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG 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.

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.



PROGRAM REQUIREMENTS

- Cancer survivors must be over 18 years
- Must have a strong personal desire to improve their strength and fitness
- Attend the full 12-week program
- Agree to obtain medical clearance for participation
- Must have completed cancer treatment with no evidence of active disease

L I V E S T R O N G®
A T T H E Y M C A

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LIVESTRONG at the YMCA is a FREE program and includes Y membership for the survivor and one support person. Space is limited.

