



LIVESTRONG®

FOUNDATION

RECLAIM YOUR ENERGY RECLAIM YOUR POWER

LIVESTRONG® AT THE YMCA



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, an evidence-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.

The next session of **LIVESTRONG** at the YMCA will be offered:

September 15-December 3, 2020 in a Virtual Format

For more information, contact:

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