



FEEL STRONG INSIDE AND OUT

LIVESTRONG® AT THE YMCA

LIVESTRONG

FOUNDATION

NEW “HYBRID” VIRTUAL FORMAT TO KEEP
ALL PARTICIPANTS SAFE.

LIVESTRONG® at the YMCA is a small-group program for adult cancer survivors. Whether they are currently going through treatment, are in a transitional period after completing treatment, or had cancer in the past, all survivors are welcome. The program helps survivors build muscle mass and strength, increase flexibility and endurance, and improve functional ability. We also aim to reduce the severity of therapy side effects, prevent unwanted weight changes and improve energy levels and self-esteem. Participants develop their own physical fitness program to continue to practice a healthy lifestyle as a way of life. The program provides a supportive environment and a feeling of community with fellow survivors, Y staff and members.

The program is now offered in a “hybrid” format with both **in-person and virtual options!** We also encourage each survivor to invite their support person/people to participate in each virtual class with them.

There is **NO COST** to the survivor and their family during this 12-week mission program.

SIGN UP TODAY!

IN PARTNERSHIP WITH:

