



LIVESTRONG®

FOUNDATION

THRIVE AFTER CANCER

LIVESTRONG® at the YMCA - A FREE ADULT EXERCISE PROGRAM UNION COUNTY FAMILY YMCA

LIVESTRONG at the YMCA is a **FREE** 12-week program that supports adult cancer survivors in regaining their physical, emotional and spiritual strength. This health and wellness exercise program is conducted in a small group environment that includes individualized attention for each participant.

FREE 12-week program includes:

- Free family membership during the program
- Two 90 minute sessions each week
- Small group setting with multiple certified instructors
- Access to all Y membership programs, such as group exercise classes, the Fitness Center and pools.

You'll focus on:

- building muscle mass and strength
- increasing flexibility and endurance
- improving confidence and self-esteem

Class Details:

Mondays and Wednesdays 6:00pm-7:30pm

Classes begin on Monday, April 6th

Last class is Wednesday, June 24th

Program Location:

Union County Family YMCA

1150 Charles Lane

Marysville, Ohio 43040

Program Contact:

MaryAnne Couchman - macouchman@unioncountyyymca.org



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