



LIVESTRONG[®]
AT THE YMCA



RECLAIM YOUR ENERGY RECLAIM YOUR POWER

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and wellbeing. In this free 12-week program at the Union County Family YMCA, survivors increase strength, develop supportive relationships and increase their quality of life.

JOIN US
FOR A **FREE** **12**
WEEK PROGRAM
LIVESTRONG[®] AT THE Y CANCER SURVIVOR PROGRAM

Program Dates: Tuesday, January 4 – Thursday, March 24, 2022

Class will be held on Tuesdays/Thursdays from 6pm–7:30pm

LIVESTRONG Graduation: Tuesday, March 29, 2022

**Contact MaryAnne Couchman at
macouchman@unioncountymca.org for more information.**

Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040 * 937-303-9285 * www.unioncountymca.org

