



Meet Mark

Things haven't been easy for Mark. After a long battle with Cancer, Mark needed to find a way to be active again. Through encouragement from friends, Mark joined the LIVESTRONG at the YMCA program! He says "the instructors were so enthusiastic and supportive" and "friendships were made and bonds were formed with others in the program who were all in similar situations".

Mark didn't feel like exercise was possible after cancer however, he says "as a participant in the program, I didn't feel like your typical exercise candidate because of the various physical difficulties, the instructors showed me how to work through them". He says "the YMCA got me moving again, today I'm so much more active than before". Mark we are so proud of your achievements, way to persevere!