



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

### Program Location:

Union County Family YMCA  
1150 Charles Lane  
Marysville, Ohio 43040

### Program Contact:

MaryAnne Couchman – [macouchman@unioncountyyymca.org](mailto:macouchman@unioncountyyymca.org)



UNION COUNTY FAMILY YMCA \* 1150 CHARLES LANE \* MARYSVILLE, OHIO 43040  
937-303-9285 \* [WWW.UNIONCOUNTYYMCA.ORG](http://WWW.UNIONCOUNTYYMCA.ORG)

