



LIVESTRONG<sup>®</sup>  
AT THE YMCA

# RECLAIM YOUR ENERGY RECLAIM YOUR POWER

## Take ACTION and change the odds! Enroll in LiveSTRONG at the Y!

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. You want to begin to heal and reclaim your health. But where do you start? The YMCA can help!

### HOW DOES THE PROGRAM WORK?

LiveSTRONG at the YMCA focuses on you—the whole person—not the disease. This 12-week program is offered at no cost to you. It meets twice weekly for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight.

### You'll focus on:

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self esteem

### PROGRAM DATES:

Monday, August 29th - Wednesday, November 16th

Class will be held on Mondays/Wednesdays from 12:30pm - 2pm

LiveSTRONG Graduation - TBA



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