

LIVESTRONG®
AT THE YMCA



LIVESTRONG
FOUNDATION



SPRING 2019 SESSION

WHAT IS LIVESTRONG?

LIVESTRONG® at the YMCA is an evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. This small-group physical activity and well-being program where cancer survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life.

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving balance
- Improving confidence and self-esteem
- Improving emotional wellbeing of survivors and their families
- Connecting with other survivors during treatment and beyond

PROGRAM OVERVIEW

1. 12 weeks program: March 12th-May 30th
2. Tuesdays & Thursdays 1:30-3PM at Fulton St.
3. Any adult 18 years old or older who is living with or beyond cancer treatment
4. Y membership not required

**SPACE IS LIMITED
SIGN UP TODAY!**

Contact healthyliving@skagitymca.org

SKAGIT VALLEY YMCA
215 E Fulton Street, Mount Vernon, WA 98273
P 360 336 YMCA (9622) W www.skagitymca.org

