



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STAYSTRONG A LIVESTRONG ALUMNI PROGRAM

STAYSTRONG a **LIVESTRONG** Alumni Program at the Y is offered as a way to continue your health journey after completing the **LIVESTRONG** Program. **STAYSTRONG** provides a way to give back to other cancer survivors in the community. This program offers continued support on your health journey, goal setting and an achievement plan, workout time, community building and a way to provide support to the continued success of the **LIVESTRONG** at the Y Program. Proceeds from this program go directly back to our **LIVESTRONG** at the Y to fund the next generation of participants.

WHEN

Wednesdays, July 10-August 28

Time: 12:30-1:30

Registration Now OPEN!

Registration required, space is limited

COST

Suggested donation of \$50

CONTACT

healthyliving@skagitymca.org

