

LIVESTRONG®
AT THE YMCA



LIVESTRONG
FOUNDATION



FALL 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: Sept. 17th-Dec. 5th
2. Tuesdays & Thursdays 1:30-3PM at Hoag Road
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 Mary Riley at m.riley@skagitymca.org

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