



LIVESTRONG®

FOUNDATION

CAMPANELLI YMCA

LIVESTRONG® CANCER SURVIVOR PROGRAM

JOIN US FOR A FREE 12 WEEK PROGRAM

CLASSES BEGIN APRIL 4, 2017

TUESDAYS & THURSDAYS 6:30 PM – 8:00 PM

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and well-being.

Benefits of Physical Activity on Health



BETTER MOOD



STRESS RELIEF



MORE ENERGY



IMPROVED APPETITE

\$0

This 12-week class is offered at no-cost to each cancer survivor.

Benefits of a Small Group on Well-being



SENSE OF BELONGING



SUPPORTIVE COMMUNITY



WELCOMING ENVIRONMENT

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? LIVESTRONG® at the YMCA can help!

The Y partnered with the LIVESTRONG® Foundation to help cancer survivors begin the journey toward recovery. This program focuses on you – the whole person - not the disease.

THE PROGRAM WILL FOCUS ON:

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

QUESTIONS? Please Contact:

Dan Patty
YMCA LIVESTRONG® Program Coordinator
847.891.9622 | danp@gcfymca.org

