



CAMPANELLI YMCA

LIVESTRONG® CANCER SURVIVOR PROGRAM

JOIN US FOR A FREE 12 WEEK PROGRAM
MORNING SESSION STARTING SEPTEMBER 2017

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:

Erica Goldsberry
YMCA LIVESTRONG® Program Coordinator
847.891.9622 x 125 | ericag@gcfymca.org

