



LIVESTRONG®

FOUNDATION

As a cancer survivor... you know the tremendous toll the disease and treatment can take on your spirit, mind, and body.



You want to begin to heal and reclaim your health; but where, when, and how do you start? LIVESTRONG® at the YMCA can help!

LIVESTRONG AT THE YMCA Program

The YMCA's 12-week LIVESTRONG® program is offered at no charge to cancer survivors. The class meets twice per week for 90 minutes, using traditional exercise methods designed to ease you back into fitness and maintain a healthy weight.

Our goal is to help you:

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Develop an on-going physical fitness program, not only as part of recovery, but as a way of life

NEXT SESSION STARTING
JANUARY 2018!

For more information, please contact:

Mucia Burke, Program Coordinator

YMCA LIVESTRONG®

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