

Laurie Mezzalingua, a breast cancer patient for 12 years, established the Saint Agatha Foundation in 2004 to provide financial assistance to individuals in Central New York State who are afflicted with breast cancer.

The Foundation is dedicated to providing support, comfort and care to breast cancer patients through financial assistance programs. The Saint Agatha Foundation provides support, allowing patients to focus on their treatment, not their bills.

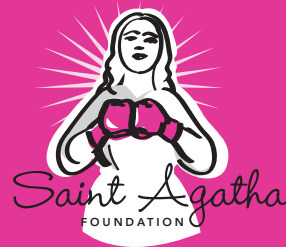


*"It breaks my heart to see women dealing with not only the emotional and medical piece of breast cancer, but also the financial stress."*

**Laurie Mezzalingua 1968-2009**  
**Founder, Saint Agatha Foundation**



In collaboration with the Saint Agatha Foundation, the WATERTOWN FAMILY YMCA will be a beacon of light and support leading breast cancer survivors down the road to recovery.



**WATERTOWN FAMILY YMCA**  
146 Arsenal Street  
Watertown, New York 13601

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**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**



## LAURIE'S LIGHT

**A BEACON OF LIGHT LEADING YOU BACK**

For those who are living with, through, or beyond breast cancer.

**Program Includes**  
**FREE FAMILY 1-YEAR MEMBERSHIP**  
**TO WATERTOWN FAMILY YMCA**

**FIND YOUR**  
**SUPPORT.**  
**FIND YOUR Y.**

# LAURIE'S LIGHT

## A BEACON OF LIGHT LEADING YOU BACK

In collaboration with the Saint Agatha Foundation, the Watertown Family YMCA will be a beacon of light and support leading breast cancer survivors down the road to recovery.

## YOUR PATH BACK INCLUDES

### FREE FAMILY 1-YEAR MEMBERSHIP TO WATERTOWN FAMILY YMCA

Membership entitles you and your family use of the facility and programs and access to all three Watertown Family YMCA locations including Fairgrounds, Downtown, and Carthage.

### LIVESTRONG® AT THE YMCA

This 12-week exercise and group support program focuses on improving the survivor's strength, fitness, and quality of life. In addition to physical benefits, the program also focuses on the emotional well-being of survivors and their families.

### NORTH COUNTRY CANCER SUPPORT GROUP

If you have been diagnosed with breast cancer, you may want to connect with others who understand how you feel, share stories, ask questions, and feel supported.

### ACCESS TO A VARIETY OF Y PROGRAMS

Your family membership will allow you access to multiple programs including health & wellness, group exercise, swimming classes, yoga, and a variety of sports programming.

## BEGIN YOUR JOURNEY TO REGAIN AND MAINTAIN YOUR QUALITY OF LIFE.

## PROGRAM REQUIREMENTS

- Recovering from breast cancer.
- Strong personal desire to participate.
- Inform your physician that you plan to join the YMCA.
- Complete screening form and health questionnaire.
- Give permission for the YMCA Project Manager to contact your healthcare provider if necessary.

## YOUR PROGRAM GOALS

- Improve energy.
- Rebuild muscle mass and strength.
- Increase flexibility and endurance.
- Improve functional ability to do everyday tasks.
- Reduce the severity of therapy side effects and prevent weight gain.
- Develop an ongoing physical fitness program.
- Learn to live a healthy lifestyle not only as part of recovery but as a way of life.
- Enjoy a safe space to heal your mind, body & soul.

**The Watertown Family YMCA understands that long after treatment ends, you and your family may continue to feel the effects of a breast cancer diagnosis.**

## THE FAMILY'S JOURNEY

Recognizing the importance of having your family participate in your journey back, Laurie's Light is designed to be an expansion of LIVESTRONG at the YMCA and the Cancer Support Group and will encompass your family members as well.

The family benefit of Laurie's Light includes membership along with a variety of programs including swim lessons, gymnastics and youth sports programming, art programming, breast health navigator, LIVESTRONG at the YMCA, Child Watch, North Country Cancer Support group, gentle yoga classes, and support from peer to peer.

In addition to physical benefits, this program also focuses on the emotional well-being of you AND your family.



For more information contact:

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