



Reclaim Your Energy Reclaim Your Power



LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affect. The Y and the **LIVESTRONG** Foundation have joined together to create **LIVESTRONG at the YMCA**, an evidence-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such a **building muscle, mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem**. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.



12 WEEK PROGRAM

Starts November 2, 2021 at the DeVos-Blum Family YMCA

TUESDAYS & THURSDAYS 11:00AM - 12:30PM

\$149 members/\$249 non-members
Financial Assistance is available.

For more information contact Robin Nierman at 561.300.3227 or rnierman@ymcaspb.org

Generously funded by:

