



Cancer Survivorship Exercise Program



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, a 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.



Peter Blum Family YMCA
6631 Palmetto Circle S
Boca Raton, FL 33433

DeVos-Blum Family YMCA
9600 S Military Trail
Boynton Beach, FL 33436

APR 4, 2023 — JUN 22, 2023
Every Tue/Thu — 11:30AM—1:00PM

SEP 22nd, 2023 — NOV 9, 2023
Every Tue/Thu — 11:30AM—1:00PM

Members—\$149

Non-members—\$249 (includes 12 weeks of YMCA membership)

Financial Assistance available

Register at Membership Desks

Robin Nierman, Director of Community Health
561.300.3227 rnierman@ymcaspbc.org
YMCASPBC.org/communityhealth