



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.



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

**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

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YMCASPBC.org/communityhealth**