



LIVESTRONG®

FOUNDATION

# PARTNERS IN HEALING THE WHOLE PERSON



JOIN US  
FOR A **FREE** **12**  
WEEK PROGRAM

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and well-being. In this free 12-week program at the Whatcom Family Y, survivors increase strength, develop supportive relationships, and increase their quality of life.

## PARTICIPANT REQUIREMENTS

- Cancer survivors must be over 18 years
- Must have a strong personal desire to improve their strength and fitness
- Attend the full 12-week program
- Agree to obtain medical clearance for participation
- Must have completed cancer treatment with no evidence of active disease

### WHATCOM FAMILY YMCA

1256 N State St, Bellingham, WA, 98225  
360 733 8630 | [whatcomymca.org](http://whatcomymca.org)

## NEW SESSIONS

Mon/Wed, 1:30-3pm,  
Jan. 16-April 5

- or -

Alumni Only Class,  
Tues/Thurs, 6-7:30pm  
Jan. 17-April 6

## REGISTER TODAY!

Contact Tammy Bennett  
[tbennett@whatcomymca.org](mailto:tbennett@whatcomymca.org)  
360 255 0490