



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
- Agree to obtain medical clearance for participation
- Must have a strong personal desire to improve their strength and fitness
- Attend the full 12-week program

WHATCOM FAMILY YMCA

1256 N State St, Bellingham, WA, 98225
360 733 8630 | whatcomymca.org

NEW SESSIONS

Mon/Wed, 1:30-3pm,
September 11–November 29
– or –
Tues/Thurs, 6-7:30pm
September 12 –December 5

REGISTER TODAY!

Contact Tammy Bennett
tbennett@whatcomymca.org
360 255 0490