



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARTNERS IN HEALING THE WHOLE PERSON

## LIVESTRONG At the YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, a research-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 as 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.

### PROGRAM 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

### FOR MORE INFO & TO REGISTER:

Contact Tammy Bennett,  
360-733-8630 or  
tbennett@whatcomymca.org

### PROGRAM DETAILS

#### BELLINGHAM

**DATES:** May 6 - July 29  
(no class May 27)

**DAYS:** Mon. & Wed.

**TIME:** 1:00-2:30pm

**CONTACT:** Tammy Bennett  
360-255-0490

#### LYNDEN

**April 9 - June 27**

Tues. & Thurs.

1:30-3:00pm

Paula Williams  
360-354-5000

**LIVESTRONG at the YMCA is a FREE program and includes Y membership for the survivor and one support person. Space is limited.**

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A T T H E Y M C A

