



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 16 - July 9
(no class July 4)

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.

L I V E S T R O N G ®
A T T H E Y M C A



LIVESTRONG
FOUNDATION