



LIVESTRONG®

FOUNDATION



GROWING STRONGER TOGETHER

LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is a free 12-week program for adult cancer survivors. Trained YMCA wellness coaches work with each participant as they transition from treatment to regaining their physical and emotional strength.

Coaches develop individual programs in a Small Group setting to help participants:

- Build muscle mass and strength
- Increase flexibility and endurance
- Improve day-to-day life
- Prevent unwanted weight changes
- Improve energy levels and self esteem
- Develop a community of fellow survivors, YMCA staff and members

**Next Session Runs
October 24, 2022 to
January 26, 2023**

We require a Medical Release Form completed by each applicant's doctor. Once we receive this form we contact the potential participant to make an interview appointment.

For further information and to receive a medical release form, please contact

Paul Discipio at
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or pdiscipio@mvyymca.org.

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