



LIVESTRONG®

FOUNDATION



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 the LIVESTRONG Foundation 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.

LIVESTRONG at the YMCA
is offered at:

South Shore YMCA – Emilson (Hanover)

**Starts Monday April 24, 2017
Monday & Wednesday for 12wks**

4:30PM – 6:00PM

617-479-8500 ext. 8228

kszafir@ssymca.org