



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

For more information see the front desk staff or contact Michelle McDougal at 423.877.3517.

Upcoming LIVESTRONG Dates:

YMCA Healthy Living Center at North River

Jan. 24, Monday/Thursday 12:30 -2:00 p.m.

Downtown Family YMCA

Jan. 24, Monday/Thursday 5:30 -7:00 p.m.

Cleveland Family YMCA

Feb. 28, Monday/Thursday 5:30-7:00 p.m. &
March 1, Tuesday/Thursday 1:30 -3:00 p.m.

North Georgia Community YMCA

Jan. 25, Tuesday/Thursday 4:30-6:00 p.m.

Hamilton Family YMCA

May 3, Tuesday/Thursday 1:00-2:30 p.m.

Space is limited! Sign up ASAP.