



# GROWING STRONGER TOGETHER

## LIVESTRONG<sup>®</sup> AT THE YMCA

LIVESTRONG<sup>®</sup> 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:

#### Downtown Family YMCA - Begins Aug. 22

Mon/Thurs 5:30 - 7:00 p.m.

#### YMCA Healthy Living Center at North River

##### Begins Aug. 22

Mon/Thurs 5:30 - 7:00 p.m.

#### Hamilton Family YMCA - Begins Aug. 30

Tues/Thurs 1:00 - 2:30 p.m.

#### Cleveland Family YMCA - Begins Sept. 12

Mon/Thurs 5:30 - 7:00 p.m.

Tues/Thurs 1:30 - 3:00 p.m.

#### North Georgia Community YMCA - Sept. 1 - Nov. 22

Tues/Thurs 4:30 - 6:00 p.m.

Begins Sept. 1 & ends Nov. 22 due to Thanksgiving Holiday

**Space is limited! Sign up ASAP.**