



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 call or visit your local YMCA branch.

Upcoming LIVESTRONG Dates:

Downtown Family YMCA - Begins Feb. 7

Tues/Thurs 12:30 - 2:00 p.m.
423.266.3766

YMCA Healthy Living Center at North River

Begins Jan. 23

Mon/Thurs 5:30 - 7:00 p.m.
423.877.3517

Hamilton Family YMCA - Begins March 14

Tues/Thurs 1:00 - 2:30 p.m.
423.899.1721

Cleveland Family YMCA - Begins Feb. 27

Mon/Thurs 5:30 - 7:00 p.m.
Tues/Thurs 1:30 - 3:00 p.m.
423.476.5573

North Georgia Community YMCA - Begins Feb. 14

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

Space is limited! Sign up ASAP.