



LIVESTRONG®

FOUNDATION

RESTORE REGAIN RENEW

LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is a small group fitness program for adult cancer survivors that empowers participants to restore quality of life after becoming de-conditioned or chronically fatigued as a result of treatment and/or disease. 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. This 12 week program is offered FREE of charge to participants and welcomes survivors of all types of cancer.

NEXT SESSION:

RITE HITE FAMILY YMCA (9250 N. GREEN BAY RD., BROWN DEER, WI 53209)

JANUARY 13TH– APRIL 2ND: TUESDAY/THURSDAY 11:00-12:15 PM

For information contact:

Contact mkelivestrong@ymcamke.org
or 414-274-0865 for more information.
FAX: 414-354-0309

*Medical clearance is needed to participate.