



LIVESTRONG®

FOUNDATION

LIVESTRONG AT THE YMCA

2016 SESSIONS NOW ENROLLING

LIVESTRONG at the YMCA is a **FREE** 12-week small group exercise and support program for survivors of all types of cancers who are at any stage of recovery.

Session #1: August 30 - November 17, 2016
Days/Times: 1-2:15pm on Tuesdays and Thursdays
Location: Rite-Hite Family YMCA - 9250 N. Green Bay Rd., Brown Deer

Session #2: December 6 thru February 23, 2017
Days/Times: 1-2:15pm on Tuesdays and Thursdays
Location: Rite-Hite Family YMCA - 9250 N. Green Bay Rd., Brown Deer

Session #3: December 6 - February 23, 2017
Dates: 6-7:15pm on Tuesdays and Thursday,
Location: Wheaton Franciscan Franklin - 10101 S. 27th St., Franklin



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Karen Schubert, Debbie Norris, and Harriet Dubmanan, 2015 LIVESTRONG participants at Rite Hite YMCA

To learn more about LIVESTRONG at the YMCA, please contact Carley Hoelzel at 414-274-0865 or mkelivestrong@ymcamke.org.