



LIVESTRONG®

FOUNDATION

LIVESTRONG AT THE YMCA

2019 SPRING 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: **March 5 - May 23 2019**
Days/Times: 1-2:15pm on Tuesdays and Thursdays
Location: Rite-Hite Family YMCA - 9250 N. Green Bay Rd., Brown Deer

Session #2: **March 5 - May 23, 2019**
Days/Times: 6-7:15pm on Tuesdays and Thursdays
Location: Rite-Hite Family YMCA - 9250 N. Green Bay Rd., Brown Deer



2017 LIVESTRONG at the YMCA Graduates

L I V E S T R O N G® AT THE YMCA

To learn more about LIVESTRONG at the YMCA, please contact Karen Kalkhoff at 414-274-0865 or mkelhealthyliving@ymcamke.org.