



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIVESTRONG AT THE YMCA

## Cancer Survivorship Exercise Program

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. **LIVESTRONG** at the YMCA, an evidence-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. 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. By focusing on the whole person and not the disease, **LIVESTRONG** at the YMCA is helping people move beyond cancer in spirit, mind and body.

12 week program starting  
November 10th  
Tuesdays and Thursdays  
6:00PM — 7:30PM

DeVos Blum Family YMCA  
9600 S Military Trail  
Boynton Beach, FL 33436



\$149 Members  
\$249 Non-Members \*

YMCA membership not required. Contact Robin Nierman at 561-300-3227 with questions or to enroll.

\*Includes 3 months YMCA adult membership. **Financial assistance available.**

[WWW.YMCASPBC.ORG](http://WWW.YMCASPBC.ORG)