



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
March 23rd, 2021
Tuesdays and Thursdays
11:00AM-12:30PM

Peter Blum Family YMCA
6631 Palmetto Circle South
Boca Raton, FL 33433



\$149 Members
\$249 Non-Members *

No cost for School District of Palm Beach County employees, spouses and partners with generous funding from UnitedHealthcare

YMCA membership not required. Contact Robin Nierman at rnierman@ymcaspbc.org with questions or to enroll.

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