

LIVESTRONG® AT THE YMCA

This small group program was developed and established in partnership with the LIVESTRONG® Foundation and assists those who are living with, through, or beyond cancer by strengthening their spirit, mind and body. Recent research from the Yale Cancer Center and Dana-Farber/Harvard Cancer Institute confirmed that LIVESTRONG® at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue.

LIVESTRONG® PROGRAM DETAILS

- Free thanks to K21 and the Cancer Care Fund!
- 12-week program with two 75-90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Evaluation includes fitness and quality of life assessments before and after participation
- Facilitated by YMCA-certified instructors
- Requires referral and medical clearance from a physician
- To learn more about LIVESTRONG® at the YMCA, visit our website or contact Stacy Thomas at stthomas@kcymca.org or 574-269-9622 x216.
- Registration is ongoing.

LIVESTRONG® PROGRAM DATES

- SEPTEMBER 7TH - NOVEMBER 30TH | TUESDAY AND THURSDAY MORNINGS FROM 10:30 AM - 12:00 PM
- SEPTEMBER 21ST - DECEMBER 9TH | TUESDAY AND THURSDAY EVENINGS FROM 6:30 PM - 8:00 PM.

CELEBRATING SURVIVORSHIP:

To support those in our community going through cancer and their caregivers, the Y is hosting Celebrating Survivorship, a volunteer-led cancer support group meeting on the 2nd Monday of each month from 11:30-12:30 PM in the Parkview Center for Healthy Living inside the YMCA. Registration is required for in-person attendance. Lunch will be provided. Also, this year we will be offering a virtual link (ZOOM) for those that choose not to meet in person. For more information contact Stacy Thomas at stthomas@kcymca.org.

- **SEPTEMBER 13TH | KNOWING NEUROPATHY | 11:30 AM-12:30 PM**
- **OCTOBER 11TH | MAKE-IT, TAKE-IT CRAFT WITH MAPLE AVENUE FLORIST | 11:30 AM-12:30 PM**

