

# PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG®

FOUNDATION

CYEDC.ORG



## LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

The LIVESTRONG at the YMCA program includes

- Free 12-week adult membership
- Two free classes per week
- Full access to the Y

LIVESTRONG at the YMCA

FOR INFORMATION, CONTACT  
610.557.YMCA (9622)

