



PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The YMCA of the USA and the LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. Participants work with LIVESTRONG Lifestyle coaches 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.

A FREE 12 WEEK PROGRAM for Cancer Survivors in ANY stage of survivorship.

HELPING SURVIVORS BEING THE JOURNEY TOWARD RECOVERY

- Expert caring staff
- Safe and comfortable place
- Working at your pace
- FREE YMCA membership included

Class Information

tiftareaymca.org/livestrong-at-the-ymca

FOR MORE QUESTIONS

Call: 229.391.9622

Email: Richard@tiftareaymca.org



BEGINNING AUGUST 13th

REGISTER TODAY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY