



LIVESTRONG®

FOUNDATION

Partners in healing the whole person.



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.

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.

Program Information

- Open to any adult cancer survivor
- Free
- 12-week sessions
- Small group exercise & support groups
- Free Y membership for participant and other immediate family or care giver during program

Next Session

January 29—April 18

Tuesdays & Thursdays 1-2:15 PM

Evening time available—upon request!

Ironworks Branch

501 Third St. Beloit, WI 53511

For questions, please contact Ashley Hoverson at 608-365-2261 or ahoverson@statelineymca.org.