

**LIVESTRONG®**

AT STATELINE FAMILY YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RECLAIM YOUR STRENGTH

LIVESTRONG at the YMCA is a small group personal training program for adult cancer survivors that aims to help meet their individual fitness and wellness goals. We focus on improving strength, endurance, flexibility, and balance.

**This program is free to participants!**

Contact Cortnee at 608-365-2261 or [cmcreynolds@statelineymca.org](mailto:cmcreynolds@statelineymca.org) for more information!

**JAN. 23 - APR. 12, 2023**

**IRONWORKS BRANCH**  
K.F. Multi-Purpose Room  
MON. & WED.  
9-10:30am

[statelineymca.org/livestrong](http://statelineymca.org/livestrong)