



# LIVESTRONG® AT THE YMCA

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. In addition to the free program, we will also supply a free 3 month membership to the Stateline Family YMCA.

**THIS PROGRAM IS FREE  
TO ALL PARTICIPANTS!**



Sept. 15th - Dec. 9th

(We will take the week of  
Thanksgiving off)

**IRONWORKS BRANCH**

Tues. & Thurs. | 5:30-7:00pm

## WHAT TO EXPECT:

- ✓ Small-group exercise sessions at your own pace to build strength, balance, and stamina.
- ✓ Outings, learning sessions, & resources to support your mind, body, and spirit.
- ✓ Sharing, support, and connection to others who have experienced a cancer diagnosis

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

