

**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. 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 PARTICIPANTS!**

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

**MARCH 5 – MAY 23**

**IRONWORKS BRANCH**

K.F. Multi-Purpose Room  
TUES. & THURS  
5:30-7:00pm

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