



LIVESTRONG®

AT THE YMCA

BENEFITS OF EXERCISE FOR CANCER SURVIVORS

An expansive body of research points to the relationship between exercise and cancer survival. Exercise is safe/effective both during and after treatment, and may reduce symptoms, enhance perception of health, and more!

NEXT SESSION

September 14, 2026

Monday and Wednesday

11:00 AM to 12:30 PM

Thanks to our generous donors this program is at no cost to our participants.

Preregistration is required participants are accepted on a first-come, first-served basis.

**TO REGISTER, PLEASE CONTACT
THE YMCA 816-671-9622
3601 N VILLAGE DR.**



www.stjoyymca.org

PROGRAM INFORMATION

The program meets twice a week, with each class lasting around 90 minutes. Each meeting includes a variety of activities, including workouts, community building with other cancer survivors, guest speakers, and more. Participants also receive a free YMCA membership for the duration of the program, to continue their wellness journey outside of formal class times.

- FREE 12-week YMCA membership, during the program duration.
- Participants may choose a support person, who also attends the program.
- Must be 18 or older.
- Exclusive LIVESTRONG® at the YMCA t-shirt.

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