



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARTNERS IN HEALING THE WHOLE PERSON

## LIVESTRONG at the YMCA

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 REQUIREMENTS

- Cancer survivors must be over 18 years
- Must have a strong personal desire to improve their strength and fitness
- Attend the full 12-week program
- Agree to obtain medical clearance for participation
- Must have completed cancer treatment with no evidence of active disease

LIVESTRONG®  
AT THE YMCA



### CONTACT:

YMCA of St. Joseph  
816-671-9622  
cmayfield@stjoymca.org

LIVESTRONG at the YMCA is a FREE program and includes Y membership for the survivor and family. Space is limited.