



**LIVESTRONG®**

**AT THE YMCA**

# **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.

**LIVESTRONG®**

**FOUNDATION**

**LIVESTRONG at the YMCA  
is offered at:**

**LAKELAND HILLS FAMILY YMCA**  
100 Fanny Road  
Mountain Lakes, NJ 07046  
[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

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**12-week sessions begin the  
week of April 22**

**Mondays & Wednesdays 6:30-7:30pm**

Program is offered at no cost to cancer survivors & individuals currently undergoing treatment

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**To learn more about LIVESTRONG  
at the YMCA, contact:**

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**APELIVSTRONG**