

LIFE AFTER CANCER DIAGNOSIS

L I V E S T R O N G[®] A T T H E Y M C A



L I V E S T R O N G[®]

F O U N D A T I O N

The Livestrong at the YMCA program is a 12-week exercise program that allows cancer survivors to reclaim their health through individualized support from certified Live**STRONG** at the YMCA instructors. Paired with 6-12 other cancer survivors you'll meet twice a week for 90 minutes for 12 weeks in order to learn how to properly increase your cardiovascular endurance, muscular strength and endurance, and balance and flexibility.

Benefits of participating in the Livestrong at the YMCA program:

- **Connect with local cancer survivors**
- **Learn and apply the foundations of exercise**
- **Increase your stamina, energy levels, and sleep**
- **Increasing/maintaining muscle mass**
- **Reduce side of effects of cancer treatments**
- **Increase the quality of life!**

For more information or to sign up for the program, contact Halie Patterson at the Upper Palmetto YMCA at haliepatterson@upymca.org or 803-324-9622 ext. 226.