



LIVESTRONG®

FOUNDATION

RECLAIM YOUR ENERGY RECLAIM YOUR POWER

LIVESTRONG®
AT THE YMCA



LIVESTRONG® at the YMCA
is a twelve-week, small-group program
designed for adult cancer survivors.

YOU DON'T HAVE TO DO IT ALONE!

LIVESTRONG® at the YMCA provides those affected by cancer a supportive community of peers, all working together to improve their fitness level and health, while building a community of support.

A goal of the program is to assist participants with developing their own physical fitness program, so that they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life.

In addition to the physical benefits, the program provides participants with a supportive environment and a community of fellow survivors, Y staff and members.

Certified wellness professionals will work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.

FEE: FREE and supported by the Annual Campaign
SIGN UP TODAY!

For session dates, more information, or to sign up, email Lindsey McMullin at lindseymcmullin@oshkoshymca.org.

OSHKOSH COMMUNITY YMCA

www.oshkoshymca.org

Downtown 236-3380 • 324 Washington Ave.
20th Avenue 230-8439 • 3303 W. 20th Ave.

Don't forget to ask our staff about our follow up Stay Strong Program for cancer survivors too!

