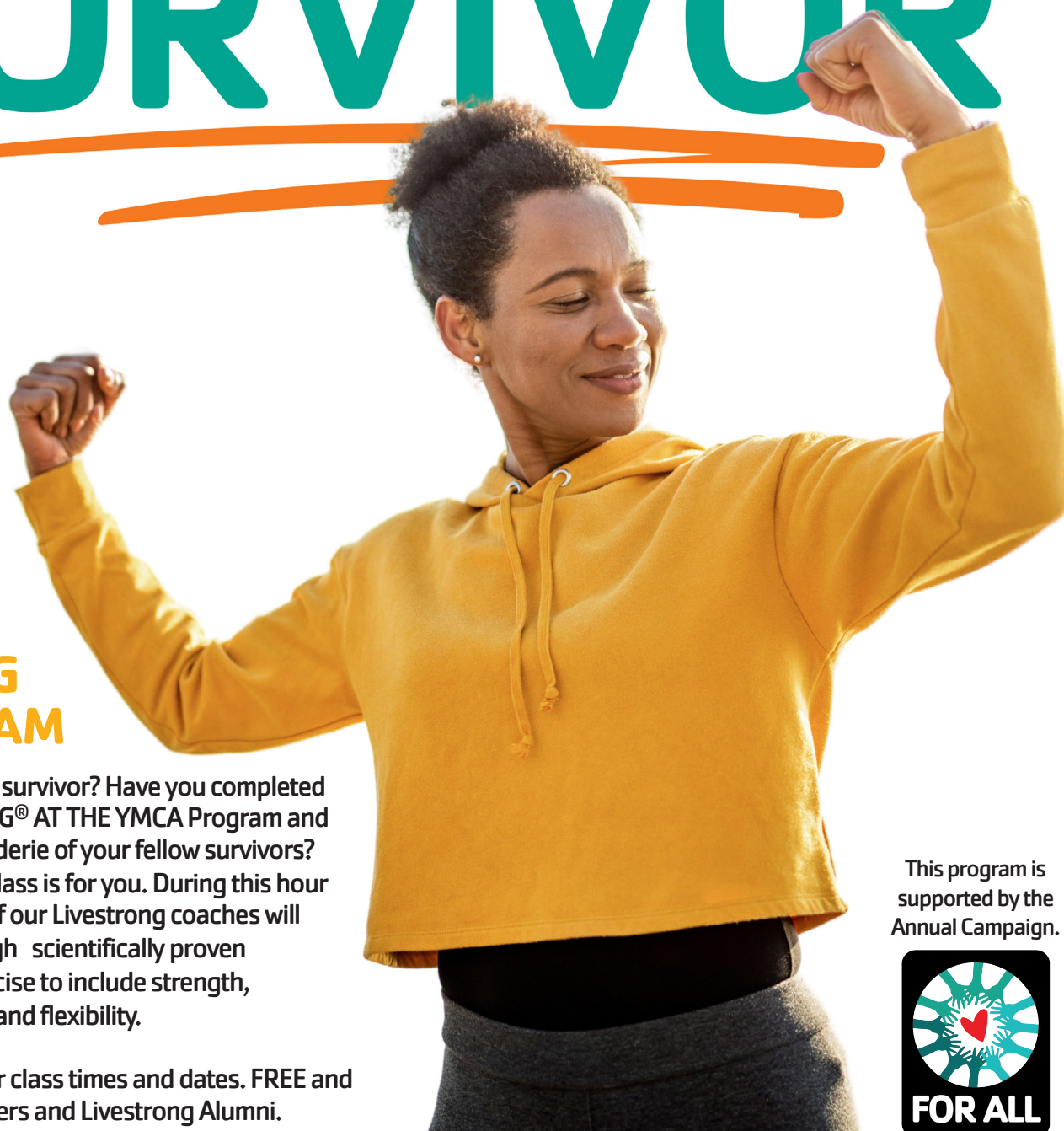




**REGISTER TODAY!**  
Contact Lindsey McMullin at  
[lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org)  
for more information.

L I V E S T R O N G<sup>®</sup> AT THE YMCA

# SURVIVOR



## STAY STRONG PROGRAM

Are you a cancer survivor? Have you completed our LIVESTRONG<sup>®</sup> AT THE YMCA Program and miss the camaraderie of your fellow survivors? If yes, then this class is for you. During this hour long class, one of our Livestrong coaches will guide you through scientifically proven methods of exercise to include strength, cardio, balance, and flexibility.

**CONTACT US** for class times and dates. FREE and open to Y Members and Livestrong Alumni.

This program is supported by the Annual Campaign.

