



LIVESTRONG®

# PARTNERS IN HEALING THE WHOLE PERSON



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 at the YMCA is offered in a day or evening class, runs for 12 weeks, and is provided at no cost to anyone in the community diagnosed with cancer.**

To learn more or enroll in LIVESTRONG at the YMCA contact Laura Gilbert at (508) 879-4420 x 232 [lgilbert@metrowestymca.org](mailto:lgilbert@metrowestymca.org)

## **METROWEST YMCA**

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LIVESTRONG® AT THE YMCA