



GROWING STRONGER TOGETHER

LIVESTRONG[®] AT THE YMCA



LIVESTRONG[®] at the YMCA is a **FREE 12-week program** for adult cancer survivors. Trained Y wellness coaches work with you in your transition from treatment to regaining your physical and emotional strength.

Coaches develop individual programs in a **small group setting** to help you:

- Build muscle mass and strength
- Increase flexibility and endurance
- Improve day-to-day life
- Prevent unwanted weight changes
- Improve energy levels and self esteem
- Develop a community of fellow survivors as well as Y staff & members

Upcoming LIVESTRONG Start Dates:

North River Family YMCA - Aug. 12

Mon/Thurs 5:30 - 7:00 p.m.
P 423.877.3517 F 423.777.4095

Downtown Family YMCA - Aug. 20

Tues/Thurs 1:00 - 2:30 p.m.
P 423.266.3766 F 423.265.5043

North Georgia Community YMCA - Aug. 20

Tues/Thurs 4:30 - 6:00 p.m.
P 706.935.2226 F 706.935.2234

Cleveland Family YMCA - Sept. 10

Tues/Thurs 1:30 - 3:00 p.m.
P 423.476.5573 F 423.476.8842

Hamilton Family YMCA - Oct. 1

Tues/Thurs 1:00 - 2:30 p.m.
P 423.899.1721 F 423.899.7132
(childcare will be available)

For more information, call or visit your local Y branch. **Space is limited! Sign up ASAP.** ymcachattanooga.org

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.