



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG®

AT THE YMCA

Partners in Healing the Whole Person

October 17th, 2017

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG Foundation 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.

Offered at :
Sussex Family YMCA
20080 Church Street
Rehoboth Beach, DE
19971

Tues/Thurs
1:00–2:30 pm

Register at the front desk or go online to: Www.YMCADE.org

Contact Tricia Jefferson for more details.
302-571-6998 email: tjefferson@ymcade.org