



LIVESTRONG®

FOUNDATION

RECLAIM YOUR ENERGY RECLAIM YOUR POWER

LIVESTRONG® AT THE YMCA



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, an evidence-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

LIVESTRONG at the YMCA
is offered at:

Naugatuck YMCA

SPRING SESSION MARCH—JUNE

MON & WEDNESDAY

1:00PM-2:30PM

(203) 729-9622

information@naugatuckymca.org



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is offered at:

Naugatuck YMCA

FALL SESSION SEPT—DEC

MON & WEDNESDAY

1:00PM-2:30PM

(203) 729-9622

igatavaski@naugatuckymca.org