



CHRONIC DISEASE PREVENTION

LIVESTRONG®

AT THE YMCA



PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® at the YMCA



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®

FOUNDATION



Target Disease:
Cancer
No Membership Required
Offered at No Cost

NEXT SESSION DATE:
February 2020

LIVESTRONG® at the YMCA is offered at:

LAKELAND HILLS FAMILY YMCA
100 Fanny Road
Mountain Lakes, NJ 07046
www.lakelandhillsymca.com

Choose a 12-week session:
Mondays & Wednesdays 7:00-8:00pm
Tuesdays & Thursdays 2:30-3:30pm

Program is offered at no cost to cancer survivors & individuals currently undergoing treatment

To learn more about LIVESTRONG® at the YMCA, contact:
Darlene Kievit, Wellness Director
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or call 973.334.2820

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