



LIVESTRONG®

FOUNDATION

PARTNERS IN RECOVERY

LIVESTRONG™ at the Y

LIVESTRONG™ at the YMCA is a free small-group fitness program for adult cancer survivors that empowers you to improve your quality of life. Each 12-week session is comprised of classes that meet for 90 minutes, two times per week. Also, you'll receive a free Y membership for the session's duration. Class size is limited to 6 participants per session.

Program Goals:

- Improve energy levels and self-esteem
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve ability to do everyday tasks
- Develop an ongoing fitness plan to continue practicing a healthy lifestyle

Program Instructors:

Our instructors provide a supportive environment for the class. Each instructor has specialized training in the elements of cancer, post cancer exercise, nutrition, and supportive cancer care.

ROSS FARNSWORTH EAST VALLEY YMCA
1807 S. Sunview
Mesa, AZ 85206

NEXT SESSION BEGINS:
Monday, April 2, 2018
10:00AM

Registration is easy.

Call: 606.212.5165
E-mail: micki.winsor@vosymca.org

