

DID YOU KNOW?

Medical studies show that moderate levels of appropriate physical activity following cancer treatment can:

- Reduce fatigue
- Boost self-esteem
- Improve muscle strength and physical endurance



As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind, and body. **You want to begin to heal and reclaim your health. But where do you start?** LIVESTRONG at the YMCA can help.

LIVESTRONG®

FOUNDATION

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The LIVESTRONG Foundation serves people affected by cancer and empowers them to take action against the world's leading cause of death.

**RECLAIM YOUR ENERGY
RECLAIM YOUR POWER**

Created as the Lance Armstrong Foundation in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Foundation offers additional services and resources for survivors at LIVESTRONG.org.



WATERTOWN FAMILY YMCA LIVESTRONG® AT THE YMCA

LIVESTRONG®

FOUNDATION

IT'S FREE

THE
Better With
Every Visit Place
PLACE



“LIVESTRONG at the YMCA has made an incredible difference in my recovery from breast cancer. The treatments had slowed my metabolism and there were so many daily activities I couldn't do. The coaches are patient and kind and showed me how to build up my strength, without overdoing it. The survivors in the group all are very warm and friendly. Now, I am proud of what I can do. I feel like a different person.”

—Michelle, Huntington, N.Y.

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For questions or to enroll, contact:
Michelle Graham, Senior Director of Health and Wellness
mgraham@nnyymca.org
315.782.3100

the **Y** YMCA

175 YEAR ANNIVERSARY

LIVESTRONG® AT THE YMCA

LOCATION

Downtown Community Center

ELIGIBILITY

FREE to any cancer patient diagnosed within the last 2 years (Ages 18+)

DATES

May 4 - July 23 (Enrollment Ongoing)

DAYS/TIMES

Monday 11:00 AM - 12:15 PM
Thursday 10:30 - 11:45 AM

REQUIRED EQUIPMENT

Water bottle
Comfortable clothing

ENROLLMENT

-Max. 10-

To enroll contact Michelle Graham at 315.782.3100 | mgraham@nnyymca.org



LIVESTRONG at the YMCA focuses on you, the whole person, not the disease. Ease back into fitness and maintain a healthy weight using traditional exercise methods. The program also focuses on wellness, stress reduction techniques, and continuing to create healthy habits.

Just as important, **LIVESTRONG** at the YMCA encourages a warm spirit of community creating a safe, comfortable place for you to build companionship with others affected by cancer, sharing stories, strength, and inspiration.

LIVESTRONG at the YMCA has helped thousands of cancer survivors move beyond cancer in spirit, mind and body.

Taking It at Your Own Pace

No one experiences cancer in the same way. Everyone comes to the program with different physical challenges and lifestyle goals.

LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. Enjoy a no-competition environment where activities are tailored for only what you're able to accomplish.

Expert, Caring Staff

Our staff have been trained to work with cancer survivors and patients and follow exercise guidelines from the American College of Sports Medicine and the American Cancer Society.



Our staff understand your unique physical needs and concerns and will help you to address them safely.

They're also relationship builders with the empathy and ability to connect with and develop relationships with and among cancer survivors and their families.

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