

LIVESTRONG AT THE YMCA

Find Your Strength After Cancer.

LIVESTRONG® at the YMCA is a **FREE** 12-week small-group program for adult cancer survivors. We provide the support and motivation you need to:

- ✓ Increase muscular strength and cardiovascular endurance
- ✓ Improve flexibility and overall quality of life
- ✓ Reach your health and wellness goals with confidence

Fall Session: Sept. 22-Dec. 10

Tuesdays and Thursdays
10:00-11:30 AM
River Shores Branch

*An evening session is possible if there is enough interest.



LIVESTRONG®
FOUNDATION

QUESTIONS?
PLEASE CONTACT:

📍 Kayla Heimerman, Wellness Director

☎ 262-247-1024

✉ kheimerman@kmymca.org



"I know that if there's a time, where I just need to be picked up, I need a little help just mentally I can give them a call, text them and I know they'll be there."

Karen, LIVESTRONG® Participant

FREE
FOR YMCA
MEMBERS AND
COMMUNITY
PARTICIPANTS



"This program is incredible. It really helped me physically, mentally, emotionally—really in every way."

Dave, LIVESTRONG® Participant