



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 body.

Program Goals:

- Provide a supportive environment
- 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



LIVESTRONG at the YMCA is offered at:

Randolph-Asheboro YMCA 343 NC Hwy. 42N Asheboro, NC 27203

**Register by September 6
First Class September 16**

Mondays & Fridays 10:30am-12pm

**Call or email Robin Hatch
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