



LIVESTRONG®

FOUNDATION

LIVESTRONG AT THE YMCA

THIS 12-WEEK PROGRAM IS FREE FOR PARTICIPATING CANCER SURVIVORS



BUILD MUSCLE
STRENGTH



INCREASE
FLEXIBILITY



STRENGTHEN
ENERGY LEVELS



IMPROVE
ENDURANCE



BETTER
MOOD

REGAIN.

RENEW.

RECOVER.

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and wellbeing following a cancer diagnosis and includes a membership to the YMCA for the duration of the program. In this free 12- week program at the Middlesex YMCA, survivors increase strength, develop supportive relationships and increase their quality of life. This program is open to the whole community.

Tuesdays & Thursdays 1:00pm - 2:15pm

Next session September 17 - December 10

**Contact Sue Cox at the YMCA to register and for more information:
scox@midymca.org or 860-343-6240**