



**LIVESTRONG®**

**FOUNDATION**

# RENEWING OUR STRENGTH TOGETHER



**LIVESTRONG at the YMCA is a free 12-week exercise program for cancer survivors who are currently in or have completed treatment and are physically deconditioned. Developed by Stanford University, this specially designed program has proven to help survivors regain strength, overcome fatigue, and enhance functional ability to do everyday tasks. Our Y is committed to serving individuals and their families living with, through and beyond cancer.**

**January 2019 Session 9  
Monday & Wednesday 11:15AM – 12:45PM  
January 7– March 27  
Must register by December 28<sup>th</sup>  
Space is limited**

**For more information, contact: Cindy Agan,  
Health & Wellness Director, at the YMCA of  
Greater Westfield 1.413.568.8631 or  
[cagan@westfieldymca.org](mailto:cagan@westfieldymca.org)**

## **CRITERIA FOR PARTICIPATION**

- **Strong personal desire and commitment to participate for the full 12 weeks ; twice a week to strength train & cardio**
- **Complete the Y's Medical release for participation from doctor before first initial interview**
- **Complete Y's Intake form, surveys and functional assessments before first initial interview**
- **Forms may be downloaded from the Westfield Y's website**