



Sharpen Our Skills

Livestrong Program

Date 1-12-24

Presented By Lindsay Lochner

Carls YMCA



In 2008 the Y partnered with the LIVESTRONG Foundation to help cancer survivors begin the journey to recovery.

The LIVESTRONG program at the Y helps cancer survivors regain energy and power. The program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

How Does the Program Work?

- LIVESTRONG participants and their families are offered a free Y membership
- 12 Week program meeting twice a week for 75 minutes focusing on:
 - Building muscle mass and strength
 - Increasing flexibility and endurance
 - Improving confidence and self esteem
 - Building companionship with others affected by cancer
- Provides individualized attention based on individual needs
- Facilitated by exercise experts who understand patients individual needs

To Find Out More Contact:

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