



L I V E S T R O N G

LIVESTRONG AT THE YMCA

Program Overview

As a **LIVESTRONG** at the YMCA participant, the Kishwaukee Family YMCA will engage cancer survivors through an approach that focuses on the whole person. Participants work with trained Y staff to build muscle mass and strength, increase flexibility and endurance, and improve functional ability. In addition to physical benefits, the program is also focused on the emotional well-being of survivors and their families by providing a supportive community environment where people affected by cancer can connect during treatment and beyond.

Program Details

Our next class starts February 14, 2012. We still have openings!

- 12-week FREE program for cancer survivors
- Tuesdays & Thursdays, 4-5:15pm
- Free YMCA membership for participants and a caregiver

Contact Information

For more information about the local **LIVESTRONG** at the YMCA Program, contact Community Outreach Coordinator Kara Gallagher at 815.756.9577, x42 or kgallagher@kishymca.org.

LIVESTRONG at the YMCA Background

LIVESTRONG at the YMCA is part of a multi-year collaboration between YMCA of the USA, the national resource office of YMCAs in the U.S., and **LIVESTRONG**. Launched in 2008, the program is designed to improve the health and day-to-day quality of life for the country's growing population of cancer survivors and their families by bringing customized, research-based health and well-being programs into communities across the country.

"Research shows exercise is the simplest way for cancer survivors to reduce fatigue, improve their mood and bounce back from the debilitating effects of cancer treatment more quickly," said Andy Miller, **LIVESTRONG** Executive Vice President. "But there weren't enough programs to help people affected by cancer reach their health and well-being goals, so **LIVESTRONG** and YMCA of the USA joined forces to create **LIVESTRONG** at the YMCA.

The YMCA is the perfect collaborator because of its national reach, commitment to meeting the needs of all community members, and history of program innovation in support of health and wellness."