



# PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, a research-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.

## COMING SPRING 2021!

LIVESTRONG online with the YMCA is a 10 week program, free of charge, for both YMCA members and community members.

Our next program will start in April 2021, and be held on Mondays & Wednesdays 1:30pm-3:00pm.

For more information contact Denise Buckley:  
[dbuckley@ymcaboston.org](mailto:dbuckley@ymcaboston.org) or 781-966-3623



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER BOSTON  
WALTHAM YMCA  
725 Lexington Street  
Waltham, MA 02452  
781-894-5295  
[ymcaboston.org/waltham](http://ymcaboston.org/waltham)