



LIVESTRONG®

FOUNDATION



**LIVESTRONG at the YMCA** helps adult cancer survivors reclaim their health and wellbeing. In the **FREE** 12-week program at the Patchogue Family YMCA, survivors increase strength, develop supportive relationships and increase their quality of life.

**JOIN US**  
**FOR A FREE** **12**  
**WEEK PROGRAM**  
LIVESTRONG® AT THE Y CANCER SURVIVOR PROGRAM

**Wednesdays 6:30 pm – 8:00 pm**

**Saturdays 10:30 am – 12:00 pm**

**Starting March 13th, 2019**

**Call (631) 891-1800 ext. 809 for information**