

KEEP FIGHTING BACK LIVESTRONG at the YMCA



Our small group cancer survivorship program is for those who are living with, through or beyond cancer. Adults get a supportive environment to participate in activities focused on strengthening the whole person.

REGISTRATION
OPENS IN
AUGUST!



WHAT IT IS

LIVESTRONG is a research-based physical activity and wellbeing program designed to help adult cancer survivors reclaim their total health.

WHEN IT IS

6:00- 7:00 pm
Monday & Wednesday at
the Wausau Branch YMCA
Beginning Sept. 20, 2021*

HOW IT WORKS

- Two physical activity classes per week. Participants meet twice a week for 60 minutes, using traditional exercise methods to ease you back into fitness.
- Workouts include cardiovascular exercise, strength training, stretching and balance work.
- Membership Fee waived for participant and support person during 12-week program.

*Please call Taylor at 715.841.1850, ext. 105 to join upcoming session!
Class size limited to 12 participants per session.

woodsonymca.com/livestrong

76,952 survivors served
400 communities involved
12 week program
1 individual approach

LIVESTRONG AT THE YMCA
WOODSON YMCA



COST:

FREE to both Y Members and General Public. Provides access to both of the Woodson YMCA branch locations during the session.