



## Our Mission

LiveSTRONG is a FREE program offered at the Ann Arbor YMCA. We are able to maintain this program at no cost to our participants thanks to the generous donations from our community. If you are interested in helping support this program and others like it, please consider donating at [www.annarborymca.org/give](http://www.annarborymca.org/give)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## About LiveSTRONG

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your mind and body. You want to begin to heal and reclaim your health, but where do you start? LIVESTRONG® at the YMCA is here for you.

This program equips those living with, through, or beyond cancer to get back on their feet and connect with other survivors. Participants enjoy free exercise regimens catered to their individual needs.

VISIT OUR WEBSITE  
TO LEARN MORE:



## Get in Touch

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# LIVESTRONG AT THE YMCA

## Program Protocol

LIVESTRONG at the YMCA focuses on you – the whole person – not the disease. This free, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. During this program you will focus on:

- ✓ Regaining balance
- ✓ Core strengthening
- ✓ Muscular strength and endurance
- ✓ Cardiovascular endurance
- ✓ Pre and Post Program Assessments
- ✓ Individualized guidance from our trainers



## Why LiveSTRONG

LIVESTRONG at the YMCA is open to adult cancer survivors at any point of their survivorship. If you are looking to reclaim endurance, strength, flexibility, and balance that were diminished from cancer and/or treatments. Our trainers optimize your experience by designing a routine based on your individual health needs and goals.



### FREE Membership

Enjoy free YMCA membership for the duration of the program.



### FREE Parking

Free access to gated, on-site YMCA parking with multiple handicap accessible spaces.



### Full Facility Access

Experience full access to the Ann Arbor YMCA facilities including heated family and lap pools, Wellness Floor, Group Exercise Classes, Walking Track, Gymnasium, Dry Suanas, and More!

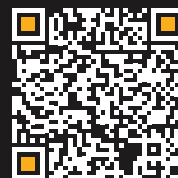


### Community Building

Meet and connect with other survivors to share your experience and build lasting friendships!

## INTERESTED IN JOINING?

Scan the QR code below or visit our website to fill out our LiveSTRONG interest form!



I was a little unsure if I'd be able to work out, but I wanted to gain strength and steadiness after my cancer treatments. All of the staff that work in the Lives-  
strong Program at the YMCA are so friendly and supportive.

They truly do meet you where your level of strength is at. No pressure. Just pure support. Thank you so much! I see progress already."

- Laura, 2024 LiveSTRONG Graduate

