



LIVESTRONG®

FOUNDATION



Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG Foundation 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.

This program is offered at :

The Sumter Family YMCA

2019 Winter Session Class Dates:

January 29 - April 18

Class meets Tuesdays and Thursdays

12pm - 1:30pm

Applications due January 15 - pick yours up today from the member desk

Contact: Missy Corrigan at 773-1404