



**LIVESTRONG**  
FOUNDATION

Prisma Health  
Tuomey Hospital

**PRISMA**  
HEALTH<sup>SM</sup>



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**

Session Class Dates:

**February 4 - April 24**

Class meets Tuesdays and Thursdays

5:30pm - 7:00pm

Pick yours up today from the member desk.

Contact: Cathy Mason

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