



New session begins October 3rd at the Waynesboro Area YMCA!

GROWING STRONGER TOGETHER

L I V E S T R O N G[®] AT THE YMCA

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.

LIVESTRONG Program Info:

Starts October 3, 2022

FREE for all cancer survivors

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717-762-6012

The LIVESTRONG at the YMCA is made possible by the generous donations from the Waynesboro Area Gala Cancer Auction.

THANK YOU !