

## WHAT IS LIVESTRONG® AT THE YMCA?

LIVESTRONG® at the YMCA is a FREE 12-week small group program designed for adult cancer survivors seeking to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease.

### This program includes:

- FREE 12 week family membership
- Two classes per week
- Full access to the Y seven days per week



### PROGRAM GOALS

- Improve energy levels and self-esteem
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve functional ability to do everyday tasks
- Reduce the severity of therapy side effects
- Develop an ongoing physical fitness program so participants can continue to practice a healthy lifestyle, not only as a part of recovery, but as a way of life



## LIVESTRONG® AT THE YMCA



# STRENGTH SUPPORT COMMUNITY MILESTONES RELATIONSHIPS INCLUSION PURPOSE

YMCA OF CENTRAL MASSACHUSETTS  
[www.ymcaofcm.org/livestrong](http://www.ymcaofcm.org/livestrong)

## CONTACT INFO

**BOROUGH'S FAMILY BRANCH YMCA**  
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Westborough, MA  
Contact: Mandy Normandin  
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**CENTRAL COMMUNITY BRANCH YMCA**  
766 Main Street  
Worcester, MA  
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**GREENDALE FAMILY BRANCH YMCA**  
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Worcester, MA  
Contact: Barry Brigham  
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**LEOMINSTER COMMUNITY BRANCH YMCA**  
108 Adams Street  
Leominster, MA  
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**MONTACHUSETT COMMUNITY BRANCH  
YMCA**  
55 Wallace Avenue  
Fitchburg, MA  
Contact: Jason DesJardins  
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jdesjardins@ymcaofcm.org

**TRI-COMMUNITY FAMILY BRANCH YMCA**  
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## LIVESTRONG®

LIVESTRONG® at the YMCA is a physical activity and well-being program designed to help adult cancer survivors achieve their health goals. The evidence-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. Participants work with Y staff trained in supportive cancer care to achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

In addition to physical benefits, LIVESTRONG® at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond. By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA helps people move beyond cancer in mind, body, and spirit.

## INSTRUCTORS

Our certified instructors provide a supportive, safe environment for each class. Our instructors and personal trainers have undergone specialized training in the areas of cancer, post-rehab exercise and supportive cancer care.

## CRITERIA FOR PARTICIPATION

- Strong personal desire to participate. Participant needs to personally enroll in program, rather than a family member.
- Personally commit to attending all classes.
- Inform their physician of their plan to join the program.
- Give permission for YMCA staff to call physician or person giving treatment when necessary.
- Complete our screening forms and health questionnaire.
- This class is recommended for individuals who have finished their cancer treatment recently or are survivors looking to regain health and improve quality of life.

## MEDICAL REFERRAL

Before participating in the LIVESTRONG® at the YMCA program, please consult your physician to obtain a medical referral and medical waiver. The information that we receive will be used to personalize your wellness program.

## REGISTRATION & INFO

If you would like more information or would like to participate in the LIVESTRONG® at the YMCA Program, please contact your YMCA Wellness Team or go online to:

**[www.ymcaofcm.org/livestrong](http://www.ymcaofcm.org/livestrong)**