



CONTACT INFO

BOROUGH'S FAMILY BRANCH YMCA
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LIVESTRONG[®] AT THE YMCA



STRENGTH SUPPORT COMMUNITY MILESTONES RELATIONSHIPS INCLUSION PURPOSE

YMCA OF CENTRAL MASSACHUSETTS
www.ymcaofcm.org/livestrong

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.

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.

LIVESTRONG® AT THE YMCA



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

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

