



SURVIVE AND THRIVE AFTER CANCER

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a 12-week research based program that supports cancer survivors in regaining their physical, emotional and spiritual strength. The health and wellness exercise program is conducted in a small group environment that includes individualized attention for each participant. Adult survivors are eligible to join the program during all stages of recovery.

FREE 12-week program includes:

- free membership during the program
- Two 90 minute sessions each week
- Small group setting with multiple certified instructors
- Access to all Y programs, such as group exercise classes, indoor pools, and cardio/weight center



LIVESTRONG

FOUNDATION

Please contact the **YMCA Chronic Disease Call Center** at **317-269-6004** or **changemylife@indymca.org** for additional details on the program and enrollment!