



LIVESTRONG®

FOUNDATION

LIVESTRONG® AT THE YMCA



LIVESTRONG at the YMCA is a 12 week, small group program designed for adult cancer survivors. The goal of this program is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability.

Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. recovery, but as a way of life.

Augusta Campus

This program meets every Tuesday, and Thursday 9:30-10:30. Starting Tuesday October 15th at 9:30 am



"I now have the desire to exercise and walk which I have never done until eight weeks ago. I am Stronger and feeling better mentally and physically"

LIVESTRONG Participant 2014

For more information, please contact Kim Gagne Personal Trainer at 622-9622, ext. 211 or by email at kim@kvymca.org

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