



LIVESTRONG®

FOUNDATION

# RECLAIM YOUR ENERGY RECLAIM YOUR POWER

LIVESTRONG® 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, an evidence-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** at the YMCA  
is offered at:

**Marshalltown YMCA-YWCA**  
**108 Washington Street**

**M 1-2:15pm, Th 1-2pm**

**Beginning June 5, 2023**

**Minimum of 8 participants needed** - If not  
enough participants session will be postponed

**Registration is required, please contact**  
**Keisha Lockhart at 641.752.8658 ext. 224**  
**or [keisha.lockhart@ymca-ywca.org](mailto:keisha.lockhart@ymca-ywca.org)**