



The Program Overview

LIVESTRONG® at the YMCA focuses on you—the whole person—not cancer. The free, 12-week program:

- Meets twice a week, 90 minute group sessions
- Uses traditional exercise methods, easing you into an exercise routine
- Focuses on improving strength, increasing muscle tone, flexibility, and endurance
- Improving confidence, self esteem and maintaining a healthy weight
- Creates new friendships and support along the way

The program also provides ways to reduce and manage stress, education on wellness topics and how to continue healthful habits after the program concludes.

“ I encourage cancer survivors to **GO DO IT** and run or walk to the closest program available. Bring your family or care giver. Renew yourself with not only the physical but emotional support you need. Thank you YMCA and keep up the good you are doing! ”

– Cathy

“ **LIVESTRONG®** at the YMCA has made an incredible difference in my recovery from breast cancer. The treatments had slowed my metabolism and there were so many daily activities I couldn't do. The coaches are patient and kind and showed me how to build up my strength, without overdoing it. The survivors in the group all are very warm and friendly. Now, I am proud of what I can do. I feel like a different person. ”

–Michelle

“ I thoroughly enjoyed being in the **LIVESTRONG®** at the YMCA class with all of the participants, working out with them and beside them, but more importantly, getting to know them and sharing our time, laughs and smiles and conversations together. I have truly learned so much from this “walk” with all of them. They helped me deal with the emotional side of cancer in ways that I never anticipated or could have imagined. ”

– Luanne



LIVESTRONG®

FOUNDATION



PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA

**YMCA OF GREATER
FORT WAYNE**

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body.

Reclaiming your health and starting to heal takes time and support.

That is where the Y can help!



In 2008, the YMCA partnered with the **LIVESTRONG®** Foundation to help cancer survivors begin the journey toward recovery with the **LIVESTRONG®** at the YMCA program. As part of the Y's commitment to strengthening community through healthy living, the program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.



Expert, Caring Staff

LIVESTRONG® at the YMCA staff have been specially trained to work with cancer survivors and patients. By following the American College of Sports Medicine and American Cancer Society exercise guidelines, Y staff:

- Understand your unique physical needs and provide exercise expertise
- Listen to your concerns with empathy and address them safely
- Build healthy relationships with you and your group
- Connect with you and your family

How Can I Find Out More?
HereForYou@fwymca.org
<https://www.fwymca.org/livestrong/index.php>

The **LIVESTRONG** Foundation serves people affected by cancer and empowers them to take action against the world's leading cause of death. Created as the Lance Armstrong Foundation in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Foundation offers additional services and resources for survivors at **LIVESTRONG.org**.

Interest Form

Name (First)	(Last)
Address	
Address Line 2	
City	
State	Zip
Daytime Phone	
Cell Phone	
Email	
Date of Birth (MM/DD/YYYY)	
<input type="checkbox"/> Male	<input type="checkbox"/> Female
Desired Branch of Participation	
Emergency Contact Name (First, Last) (Contact must be outside of household)	
Emergency Contact Phone	
Are you currently a YMCA Member? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Have you been a YMCA Member before? <input type="checkbox"/> Yes <input type="checkbox"/> No	
How did you hear about LIVESTRONG® at the YMCA Program?	
Do you currently have cancer or had cancer in the past?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	
What are you looking for in a cancer exercise program?	

Mail to:
YMCA of Greater Fort Wayne
LIVESTRONG at the YMCA
347 W. Berry St, Suite 500 • Ft. Wayne, IN 46802
Fax to: 260.422.6489
Email to: HereForYou@fwymca.org