



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

T/Th at 1-2pm

Beginning January 18, 2022

Minimum of 6 participants needed

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)