

RECLAIM YOUR ENERGY RECLAIM YOUR POWER

L I V E S T R O N G[®] AT THE YMCA

For questions or to schedule an intake appointment, contact Ashley at alafata@dunelandymca.org.



**NOW
ACCEPTING
PARTICIPANTS
FOR FALL!**

8-week program begins
September 30th!



LIVESTRONG[®]

FOUNDATION

LIVESTRONG

MONDAYS AND WEDNESDAYS

1:15 - 2:30 PM

Build Muscle Mass & Strength

Increase Flexibility and Endurance

Maintain a Healthy Weight

LIVESTRONG at the YMCA focuses on you- the whole person- not the disease. This cancer survivor program is NO COST to participant and includes a 3-month membership to help maximize effectiveness!