



LIVESTRONG®

AT HOME

Virtual LiveSTRONG at the YMCA program
for Cancer Survivors



CLICK HERE TO
REGISTER

**CLASSES LIMITED TO
12 PARTICIPANTS!**

LIVESTRONG at the YMCA, a small-group program developed & established in partnership with the LIVESTRONG Foundation, assists those who are living with, through, or beyond cancer to strengthen their spirit, mind, & body. LiveSTRONG at the YMCA meets twice a week for twelve weeks, and includes cardiovascular conditioning, strength training, balance, and flexibility exercises that participants can easily do from home. Survivors of any type of cancer, at any point in their cancer journey from diagnosis to 30+ years post-diagnosis, may participate in the program.

Mondays & Wednesdays at 1:30 PM

For More Information:

Jane Martin, Health Innovations Director

P: 941 375 9123

E: JMartin@veniceymca.org