



**“ LIVESTRONG at the YMCA**  
 ...has allowed me to focus on me in every aspect of healing; mentally, physically and emotionally. And it has given me a sense of confidence that I am strong and a survivor. I found my smile again and have made lifelong friendships that I would not have had otherwise.”

Cheryl Brew, Granby CT

## L I V E S T R O N G<sup>®</sup> AT THE YMCA

A program of the:

### Cheshire Community YMCA

961 South Main Street Cheshire, CT  
 For more information, contact  
 Donna Paxton 203-272-3150 ext 311

### Farmington Valley YMCA

97 Salmon Brook Rd, Granby, CT  
 For more information, contact  
 Jackie Voelker 860-653-5524

### Indian Valley YMCA

11 Pinney St, Ellington, CT  
 For more information, contact  
 Laura Kratochvil 860-871-0008

### Glastonbury YMCA

29 Welles St, Glastonbury, CT  
 For more information, contact  
 Betsey Pitt 860-633-6548

### Downtown YMCA

241 Trumbull St , Hartford CT  
 For more information contact  
 Leslie St. Amant, 860-522-9622 ext. 2323

### Southington Community YMCA

29 High St, Southington, CT  
 For more information, contact  
 Linda Prus 860-426-9531

### Wallingford Family YMCA

81 South Elm St, Wallingford, CT  
 For more information, contact  
 Eileen Farmer 203-269-4497 ext 24

### Greater Waterbury YMCA

136 West Main St, Waterbury, CT  
 For more information, contact  
 Meghan Curley, 203-574-9622

### West Hartford YMCA

12 North Main Street, West Hartford, CT 06107  
 For more information, contact  
 Shawn Fongemie, 860-521-5830

### Wilton Family YMCA

404 Danbury Rd, Wilton CT  
 For more information, contact  
 Mary Ann Genuario, 203-762-8384

### Wheeler Family YMCA

149 Farmington Ave, Plainville, CT  
 For more information, contact  
 April Chevalier 860-793-9631



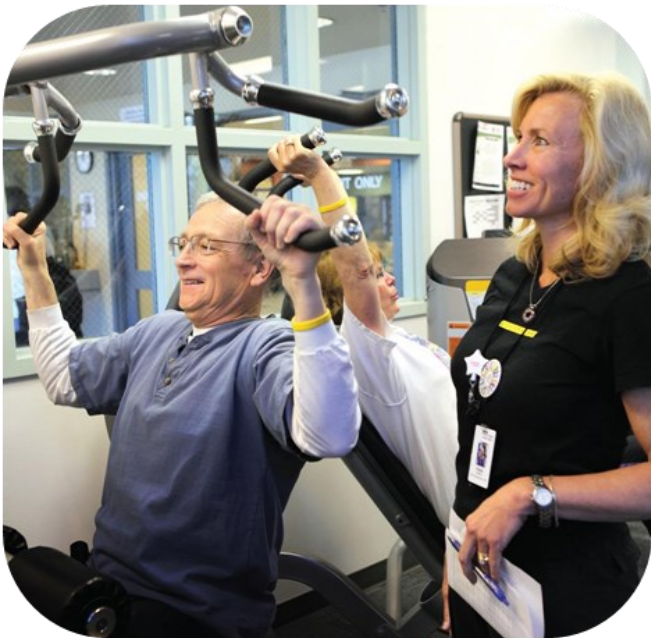
LIVESTRONG<sup>®</sup>

FOUNDATION



L I V E S T R O N G<sup>®</sup> AT THE YMCA

**PARTNERS  
 IN HEALING  
 THE WHOLE  
 PERSON**



As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. **You want to begin to heal and reclaim your health. But where do you start?** LIVESTRONG at the YMCA can help.

In 2008, the YMCA partnered with LIVESTRONG® to help cancer survivors begin the journey toward recovery with the LIVESTRONG at the YMCA program. 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.

### How Does the Program Work?

LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. The free, 12 week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You'll focus on:

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self-esteem.

Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended.

Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

### Taking It at Your Own Pace

No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There's no competition here—physical activities are tailored to match your abilities.



### Criteria for Participation

- Strong personal desire-survivor needs to enroll in the program
- Personally commit to attending all classes
- Inform their physician of their plan to join the program
- Give permission for exercise specialist to contact physician or other healthcare professional when necessary.
- Complete our screening forms and questionnaire.

This program is offered **without cost to participants** and includes a free 3-month YMCA family membership. The YMCA provides trained instructors, the facility and equipment.

### The Need for LIVESTRONG at the YMCA

Medical studies have shown that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment. And cancer survivors themselves are increasingly aware of the positive impact that moderate physical activity, supportive relationships can have on their quality of life. LIVESTRONG at the YMCA has helped thousand of cancer survivors move beyond cancer in spirit mind and body.

### Support LIVESTRONG at the YMCA

The YMCA is able to offer this program free of charge thanks to the generous contributions of our donors. Please support these programs so that we can support the cancer survivors.

Sponsor an entire session	\$2500
Sponsor 1 participant	\$ 250
Support the program	Any Amount