



LIVESTRONG

West Hartford YMCA LIVESTRONG PROGRAM



When: Monday, September 11th—Wednesday, December 6th (12-week program, meets on Mondays and Wednesday only)

Program location: Fearless Fitness, 635 New Park Avenue Unit 3-F, West Hartford, CT 06110

Time: Noon to 1:15pm

FREE



RECRUITING PARTICIPANTS FOR THE PROGRAM

Our YMCA is proud to offer LIVESTRONG at the YMCA to help cancer survivors feel alive again! This 12-week program is designed to help survivors overcome the effects of fatigue and de-conditioning from treatment and the disease. The program is for adult survivors from the point of diagnosis through the balance of life.

We would like to work with 8-15 survivors as part of the program. Participants do not need to be YMCA members, so please share this with anyone you think might be interested. **For those participating in the program, we will conduct a formal intake/registration.** The intent of the intake is to properly review each survivor's medical needs and cancer history to create a personal and appropriate wellness plan.

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.

The West Hartford YMCA is excited to partner with Fearless Fitness to provide this program to the West Hartford Community. For more information see below:

LIVESTRONG at the YMCA at a glance:

- A 12-week wellness program for adult cancer survivors that meets two times per week
- It's FREE of charge
- The program utilizes a curriculum developed by Stanford University
- Y certified fitness instructors work with participants to develop an individualized fitness program that allows them to progress at their own pace
- An additional benefit of LIVESTRONG at the YMCA is the opportunity to create a supportive social network and form new friendships

Contact for more information:

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