

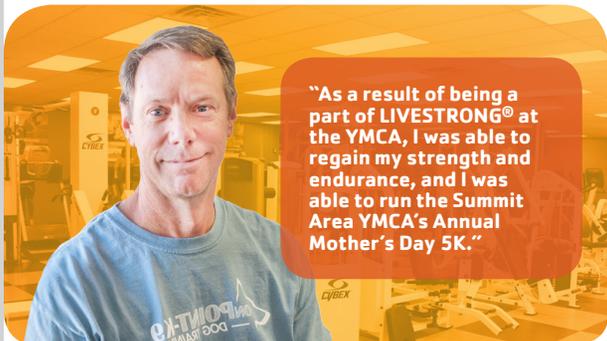


"[the LIVESTRONG® at the YMCA program] empowered me to become more active and gave me the confidence to regain my strength back in spirit, mind and body."

"Cancer treatment left me feeling tired and not myself. Being with other cancer survivors in the LIVESTRONG® at the YMCA program, made it less daunting to return to exercise. I liked that the group provided a supportive, upbeat environment. It empowered me to become more active and gain confidence that I could get my strength back in spirit, mind and body. And, I did. I am very grateful!"
- Francesca, Summit YMCA Member and LIVESTRONG® at the YMCA participant

"The program has helped me embrace fitness as part of my lifestyle. As a team, we support and encourage one another with exercise as we also share our personal cancer journeys. I appreciate and thank the Y for the opportunity to "Live" this experience."
- Grace, Madison YMCA Member and LIVESTRONG® at the YMCA participant

"When I joined the program with three chemotherapy sessions left to go, I knew I had found home. The first person I met sported the same short haircut that I now had. These smart, funny and knowledgeable people allowed me to laugh and accept that a diagnosis of cancer is not the worst thing that can happen in your life."
- Bobbi, Fanwood-Scotch Plains YMCA Member and LIVESTRONG® at the YMCA participant



"As a result of being a part of LIVESTRONG® at the YMCA, I was able to regain my strength and endurance, and I was able to run the Summit Area YMCA's Annual Mother's Day 5K."

"Being a marathon runner, cancer really set me back. As a result of being a part of the [program], I was able to regain my strength and endurance, and I was able to run the Summit Area YMCA's Annual Mother's Day 5K. I even got my wife and 9 year old son to join me as a way to give back and support the LIVESTRONG® program that helped me get back to myself."
- Paul, Berkeley Heights YMCA Member and LIVESTRONG® at the YMCA participant

REGISTRATION

Advanced registration is required as class size is limited and given that a doctor's clearance is required. Enrollment decisions are made individually and confidentially.

LOCATION AND CONTACT INFORMATION	TIME AND DAY
Berkeley Heights YMCA 550 Springfield Ave, Berkeley Heights, NJ 07922 Lisa McQuilkin (P) 908 464 8373 x2026 (E) lisa.mcquilkin@thesay.org (W) www.thesay.org	Tuesday & Thursday Morning & Evening sessions available
Fanwood Scotch Plains YMCA 1340 Martine Ave Scotch Plains, NJ 07076-2524 Sherri Cognetti (P) 908 889 8880 (E) scognetti@fspymca.org (W) www.fanwoodscotchplainsymca.org	Monday & Thursdays at 11:00am Tuesday & Thursdays at 7:00pm
Madison Area YMCA 111 Kings Road Madison, NJ 07940 Joseph Gonsalves Joseph Gonsalves (P) 973 822 9622 ext 2242 (E) jgonsalves@madisonymca.org www.madisonareaymca.org	Monday & Wednesday 6:30pm-7:30pm Tuesday & Thursday 12:00pm-1:00pm
Summit YMCA 67 Maple Street Summit, NJ 07901 Sue Fieseler (P) 908 273 3330 x1167 (E) Sue.fieseler@thesay.org www.thesay.org	Tuesday & Thursdays 12:45pm-2:00pm



The Y.™ For a better us.™



LIVESTRONG

FOUNDATION



PARTNERS IN HEALING

LIVESTRONG® AT THE YMCA

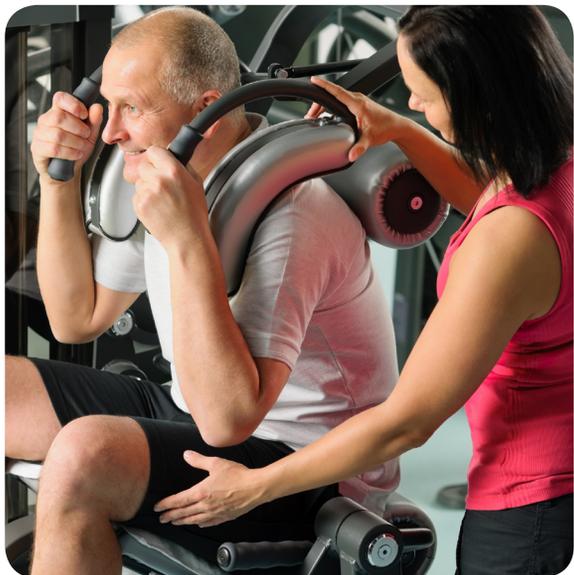


PARTNERS IN HEALING THE WHOLE PERSON

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG® have joined together to create LIVESTRONG® at the YMCA, a research-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 achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG® at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA helps people move beyond cancer in spirit, mind and body.



LIVESTRONG® at the YMCA

This twelve-week small group program is designed for adult cancer survivors. The intimate small group setting with knowledgeable, supportive staff aids cancer survivors on their journey to feeling physically and emotionally strong enough to return to their regular daily activities.

LIVESTRONG at the YMCA empowers cancer survivors to regain their health after having become de-conditioned or chronically fatigued from their disease or its treatment.

- **Free, 12-week Y membership for the survivor and their family.**
- **Two 75 minute classes each week.**
- **Small group setting (8-10 participants).**
- **Full access to YMCA facilities, including Kid Zone childcare services.**
- **Designed for adults who are undergoing or who have completed their cancer treatment.**

CRITERION FOR PARTICIPATION

- **Personally commit to attending all classes.**
- **Consult with their physician prior to joining the program.**
- **Permit Y Wellness Staff to call their physician or person giving treatment when necessary.**
- **Obtain medical referral and waiver.**
- **Complete YMCA paperwork and screening questionnaire.**

PROGRAM GOALS

- **Improve energy levels**
- **Regain self esteem**
- **Build muscle mass and strength.**
- **Increase flexibility and endurance.**
- **Improve functional ability to do everyday tasks.**
- **Reduce the severity of therapy side-effects and prevent unwanted weight changes.**
- **Develop an ongoing physical fitness program so participants can continue to practice a healthy lifestyle, not only as a part of recovery, but as a way of life.**



OUR INSTRUCTORS

Our instructors provide a supportive, safe environment for each class. Our certified instructors and personal trainers have undergone specialized training in the elements of cancer, post-rehab exercise, nutrition, and supportive cancer care.