



LIVESTRONG®

FOUNDATION

GETTING STRONGER TOGETHER

L I V E S T R O N G® AT THE YMCA

WHAT: Cancer survivors are invited to join our FREE classes twice a week for a 12 week program that includes cardio, strength, flexibility and relaxation.

WHEN: Tuesdays & Thursdays at 1:30 pm
March 5 through May 23

WHERE: TOWN NORTH FAMILY YMCA
4332 Northaven Road
Dallas, TX 75229

HOW: Call 214-357-8431 or
Email ktaylor@ymcadallas.org
Pre-registration required



Feel Better – Feel Alive – Feel Like You Again

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all.