

LIVESTRONG at the YMCA

A FREE ADULT EXERCISE PROGRAM

LIVESTRONG at the YMCA is a 12-week research-based program that supports adult cancer survivors in regaining their physical, emotional and spiritual strength. This health and wellness exercise program is conducted in a small group environment that includes individualized attention for each participant.

FREE 12-week program includes:

- Free family membership during the program
- Two 90-minute sessions each week
- Small group setting with multiple certified instructors
- Access to all YMCA membership programs, such as group exercise classes, the Wellness Center and indoor pools

PROGRAM LOCATIONS YMCA OF YORK AND YORK COUNTY

Bob Hoffman Dover Branch YMCA
1705 Palomino Rd., Dover, PA 17315

Eastern Branch YMCA
4075 E. Market St., York, PA 17406

The W. Dale Brougner Foundation YMCA
100 Constitution Ave., Shrewsbury, PA 17361

York Branch YMCA
90 N. Newberry St., York, PA 17401

For more information and to register, please contact:

Heather Moore, Program Coordinator,
HMoore@yorkcoymca.org,
717-843-7884 ext. 248

"LIVESTRONG at the YMCA is a wonderful program for cancer survivors. It not only helps to build strong bodies, it also builds strong friendships."

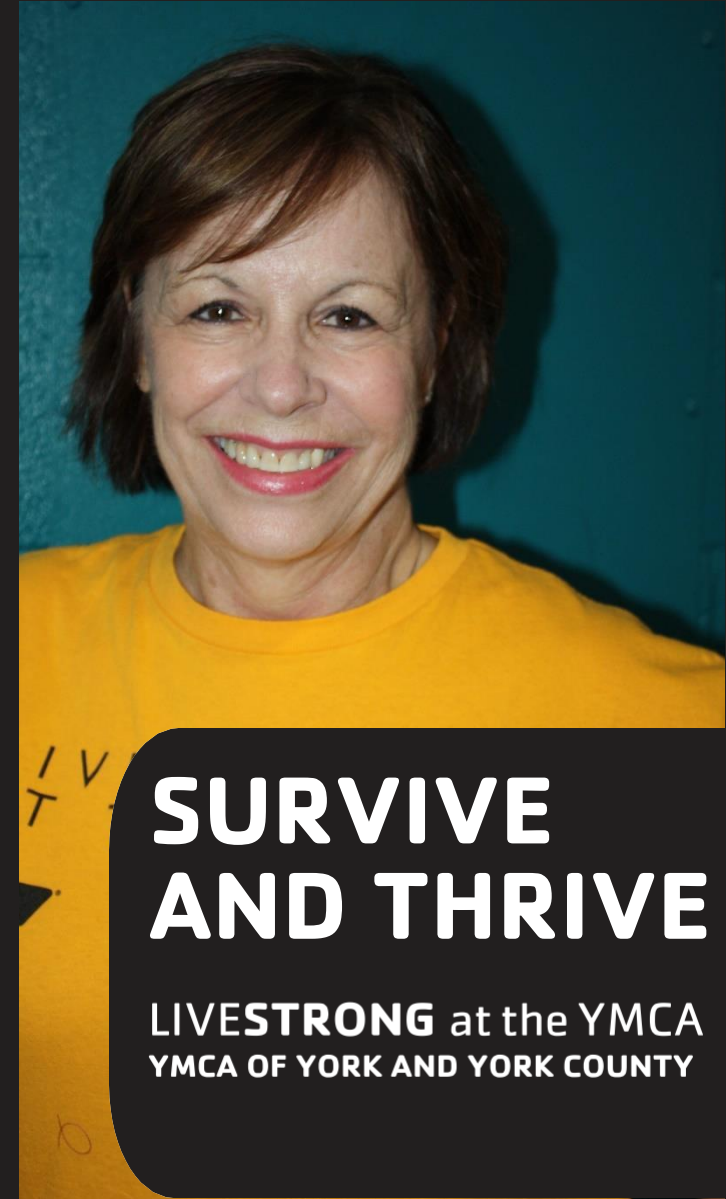
-Dottie, a program graduate



LIVESTRONG[®] AT THE YMCA



LIVESTRONG[®]
FOUNDATION



SURVIVE AND THRIVE

LIVESTRONG at the YMCA
YMCA OF YORK AND YORK COUNTY

LIVESTRONG AT THE YMCA 2021 PROGRAM DATES

January 25, 2021 – April 15, 2021

York Branch YMCA

Monday and Wednesday, 10:30 am – 12:00 pm

February 9, 2021 – April 29, 2021

The W. Dale Brouger Foundation YMCA

Tuesday and Thursday, 12:30 pm – 2:00 pm

Tuesdays and Thursday, 6:00 pm – 7:30 pm

March 9, 2021 – May 27, 2021

Eastern Branch YMCA

Tuesday and Thursdays, 11:30 am – 1:00 pm

March 1, 2021 – May 19, 2021

Bob Hoffman Dover YMCA

Monday and Wednesday, 6:00 pm – 7:30 pm

LIVESTRONG at the YMCA will be held in the building for survivors that feel comfortable coming in.

For those that do not we will be offering a live/Webex format.

FREE PROGRAM

YMCA OF YORK AND YORK COUNTY

Follow us on Facebook: @YorkCoYMCA

www.yorkcoymca.org/LIVESTRONG

