



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG AT THE YMCA



Support and strength for cancer survivors SOUTH SOUND YMCA

Physical activity can improve quality of life, lessen treatment side effects, and help recovery for cancer survivors. Livestrong at the YMCA helps cancer survivors strengthen muscles, increase flexibility, and improve endurance. Participants receive support and coaching from professional YMCA staff and volunteers, as well as social support from other survivors.

- 12 week program with two 90 minute sessions each week
- FREE 12 week membership to the YMCA included
- Participants must be 21 years of age or older and have medical clearance to participate

BRIGGS COMMUNITY YMCA

Tuesdays and Thursdays
10:00am-11:30am
Jan 24, 2017 to April 13th, 2017

BRIGGS COMMUNITY YMCA

Tuesdays and Thursdays
5:30pm-7:00pm
Jan 24th, 2017 to April 13th, 2017

REGISTRATION DEADLINE: DECEMBER 30TH, 2016

CONTACT: JENNIFER VEITCH
360-918-0314
veitchj@ssymca.net