



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US FOR A FREE 12 WEEK PROGRAM

LIVESTRONG® AT THE Y CANCER SURVIVOR PROGRAM

LIVESTRONG at the Y helps cancer survivors heal mind, body, and spirit.

12 week program with two 90 minute sessions each week

FREE 12 week Membership to the YMCA

MUST be 21 or older and have medical clearance to participate



JANUARY 15, 2019 - APRIL 4, 2019

BRIGGS COMMUNITY YMCA

10:00 AM - 11:30 AM

TUESDAYS AND THURSDAYS

5:30 PM - 7:00 PM

CONTACT: Michelle Gipson 360.918.0337 gipsonm@ssymca.net

REGISTRATION DEADLINE: DECEMBER 14, 2018

southsoundymca.org