



LIVESTRONG®

FOUNDATION

LIVESTRONG® at the YMCA CHAMBERSBURG YMCA



LIVESTRONG® at the YMCA is an evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. The YMCA creates a welcoming community in which survivors can improve their physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life.

PROGRAM DETAILS

Fall Session: Tuesday and Thursday 6:00pm – 7:30pm September 12 – November 30

- 12-week program with two sessions per week
- Includes cardiovascular conditioning, strength training, balance and flexibility exercises
- Facilitated by YMCA-Certified instructors
- Evaluation includes fitness and quality of life assessments before and after participation
- Requires referral and medical clearance from a physician

**For more information contact Drew Cusick
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