



**LIVESTRONG®**



# BUILDING STRENGTH & SELF-CONFIDENCE FOR CANCER SURVIVORS

**LIVESTRONG®** at the YMCA is a wellness program that builds physical, emotional, and spiritual strength and self-confidence for cancer survivors. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. This no fee program will provide participants with the supportive community needed to learn, grow, renew, and recharge.

By focusing on the whole person and not the disease, **LIVESTRONG** at the YMCA is helping people move beyond cancer in spirit, mind and body.

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**LIVESTRONG** at the YMCA is offered at:  
**OLD COLONY YMCA**  
East Bridgewater Family Branch  
635 Plymouth St., East Bridgewater, MA  
[www.oldcoloniyyymca.org](http://www.oldcoloniyyymca.org)  
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Next 12 Week Program begins  
August 20, 2013, 11:00am-12:15pm  
Free to cancer survivors  
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**TO ENROLL IN OUR UPCOMING 12-WEEK LIVESTRONG AT THE YMCA WELLNESS PROGRAM**  
Contact: Lauren Cucinotta, Health & Wellness Director at 508.378.3913 x 306 or by email at [lcucinotta@oldcoloniyyymca.org](mailto:lcucinotta@oldcoloniyyymca.org).  
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