

Road **2** Recovery

Free Cancer Survivorship Program

Tuesday–Friday 12:00–1:15pm

This 12-week program is designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and the disease itself.

The goal of the small group series is to help participants build muscle mass and strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of side effects, preventing unwanted weight changes, and improving energy levels and self-esteem. Participants will develop their own physical fitness programs so they can continue to build a healthy lifestyle. Groups will meet 2 times per week and each session will end with 15 minutes of a stress relief activity such as yoga, tai chi, or meditation.

Participants must fill out a medical history form and have a doctor's signed release form to enter the program.

Register now at the membership desk!



Scantic Valley YMCA

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*We build strong kids, strong families,
strong communities*

