



LIVESTRONG®  
AT THE YMCA

# A CANCER SURVIVORSHIP WELLNESS PROGRAM





**LIVESTRONG®** at the YMCA is a small group personal training program for adult cancer survivors that aims to help you meet your fitness and wellness goals. We meet two times per week for twelve weeks, and focus on improving endurance, strength, flexibility, and balance. This program is provided at no cost to the participant.

## **Hampshire Regional YMCA**

413.584.7086 x119 | [www.hrymca.org](http://www.hrymca.org)

286 Prospect St., Northampton, MA



## **YMCA of Greater Springfield**

413.206.5707 | [www.springfielddy.org](http://www.springfielddy.org)

Springfield YMCA

275 Chestnut St., Springfield, MA

Scantic Valley YMCA

45 Post Office Park, Wilbraham, MA



Baystate  Health

 Health New England

## **YMCA of Greater Westfield**

413.568.8631 | [www.westfielddy.org](http://www.westfielddy.org)

67 Court St., Westfield, MA

Baystate  Health