



LIVESTRONG

FOUNDATION

# REGAIN YOUR HEALTH

## New Session for Cancer Survivors!

In partnership with the LIVESTRONG Foundation, the YMCA has developed a 12 week, small-group, cancer survivorship program for those who are living with, through or beyond cancer. Participants work with trained Y staff to achieve their goals, such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. Medical clearance required to participate.

- Free 12-week membership
- 2 classes per week
- Full access to the Y seven days per week for the participant and their immediate family

### Goals of the program include:

- Improve energy levels and confidence
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve functional ability to do every day tasks
- Develop an ongoing physical fitness program so participants can continue to practice a healthy lifestyle, not only as part of recovery but as a way of life



**If you would like more information or would like to participate in the LIVESTRONG at the YMCA program, please contact:**

**Jessica MacDonald, Red Bank Health & Wellness Director** [jmacdonald@ymcanj.org](mailto:jmacdonald@ymcanj.org)

**Val Cottone, Old Bridge Health & Wellness Director** [vcottone@ymcanj.org](mailto:vcottone@ymcanj.org)

**Lisa McGovern, Freehold Health & Wellness Director** [lmcgovern@ymcanj.org](mailto:lmcgovern@ymcanj.org)

**\*Register in-person only**

### YMCA OF GREATER MONMOUTH COUNTY

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324-6885-THQ

**Here for all.**

Financial assistance is offered  
based on availability of funds.