



Founded in 1997 by cancer survivor Lance Armstrong, **LIVESTRONG** fights for the 28 million people around the world living with cancer today. **LIVESTRONG** connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, **LIVESTRONG**'s mission is to inspire and empower anyone affected by cancer. For more information, visit LIVESTRONG.org.

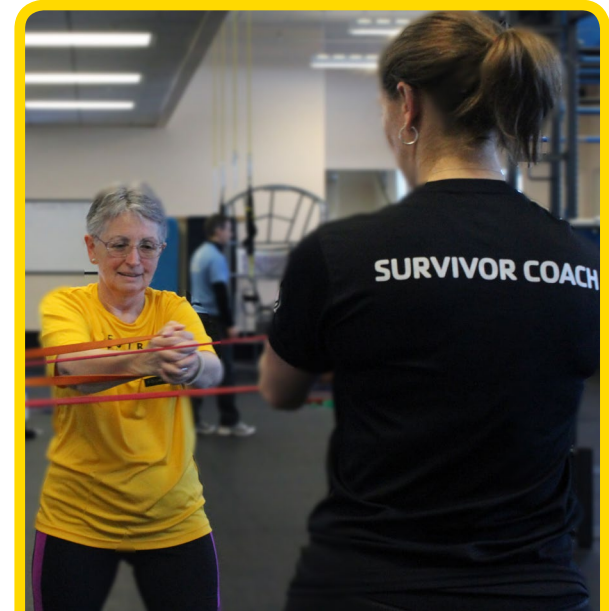
LIVESTRONG[®]
AT THE YMCA



LIVESTRONG[®]
FOUNDATION

**“THE
BEST WAY
➔ TO FIND
YOURSELF
IS TO LOSE
YOURSELF
IN THE
SERVICE OF
OTHERS.”
-GHANDI**

SARATOGA REGIONAL YMCA
WWW.SRYMCA.ORG
518.583.9622



**PARTNERS
IN HEALING
THE WHOLE
PERSON**

SARATOGA REGIONAL YMCA
www.srymca.org



“I’M GRATEFUL TO THE DONORS THAT MADE THIS PROGRAM POSSIBLE!”

–CINDY, Program Participant

The YMCA and **LIVESTRONG** joined together to create **LIVESTRONG** at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their health goals. We are committed to providing a safe and welcoming environment for specialized exercise programming and community building. We focus on the whole person, not just the disease. Through **LIVESTRONG** at the YMCA, we strive to help survivors move beyond cancer in spirit, mind and body.

WHO? The program is available to adult cancer survivors (18 years +) in the Saratoga Regional YMCA community.

WHAT? **LIVESTRONG** at the YMCA is a 12-week small group exercise program for adults affected by cancer, under the guidance of specially trained health and wellness staff, and offered at no cost.

WHEN? Each session will consist of classes (meeting twice weekly) that are designed for survivors, in addition to individualized activities throughout the week that can incorporate family and or support persons.

WHERE? The program takes place at the branches of the Saratoga Regional YMCA.

WHY? The Saratoga Regional YMCA is honored to have been chosen as a host site of the **LIVESTRONG** at the YMCA program. Survivors will be provided a place to rebuild strength and stamina lost during treatment and encouraged to build relationships, both with each other and the already present community of YMCA members and staff.



The LIVESTRONG at the YMCA program helped me rebuild my body, mind, and spirit after a difficult recovery from cancer.

**–TRACY
Program Participant**



“MY LIFE WAS CHANGED BY LIVESTRONG.”

**–JASON
Program Participant and Coach**

HOW? Contact any member of our **LIVESTRONG** team to inquire about joining or supporting the program. If you would like to make a donation to this or other Saratoga Regional YMCA programs, contributions can be made to our Annual Scholarship Campaign.

For more information, please contact:

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