



LIVESTRONG®



# I'M BACK TO ME

LIVESTRONG® AT THE YMCA

**LIVESTRONG®** at the YMCA offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

**What:**

- » 12 week group program
- » Targeting a cancer survivor and their entire family

**Benefits:**

- » Focus on strength, endurance and flexibility
- » Taught by certified cancer wellness coaches
- » Includes Wellness Center, group exercise and aquatics
- » Social events monthly
- » Graduation ceremonies every 12 weeks

**Cost:**

- » Free YMCA family membership for 12 weeks

**To get started:**

- » Make an appointment with the intake coordinator at your local branch

[www.tampaymca.org](http://www.tampaymca.org)

**LIVESTRONG TEAM**

12-week program meets 2x week.  
2-10 members per session.

**Next session starts**

**January 8th**

**Contact your local center to**  
**secure a place in the**  
**session.**

Bob Sierra- 962-3220  
Central City- 229-9622  
Campo- 684-1371  
East Pasco- 813-780-9622  
New Tampa- 866-9622  
N. Brandon- 685-5402  
Northwest- 249-8510  
Plant City- 757-6677  
South Tampa- 839-0210  
West Park Village-792-7838