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Tampa YMCA Celebrates Cancer Survivors

Tampa, FL (May 13, 2013) – This Friday, May 17th, kicks off LIVESTRONG® at the YMCA week, starting nine years to the day after the launch of the iconic Livestrong bracelet.

From Friday, May 17th through Sunday, May 26th, [all Tampa YMCA branches](#) will celebrate cancer survivors in the community as well as raise awareness about the LIVESTRONG at the YMCA program with story boards, graduation ceremonies and special guest speakers.

The LIVESTRONG at the YMCA program is a **free** 12-week program for cancer survivors and their family members; and is open to the community. The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. Participants work with Y staff trained in supportive cancer care to achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body.

“Researchers are learning physical activity, during and after cancer treatment, can reduce the risk of cancer recurrence and mortality for some cancers and can reduce the risk of developing other long-term conditions,” says Maureen Chiodini, associate vice-president of wellness for the Tampa Y. “However, physical activity and well-being programs specifically for cancer survivors are scarce. The Tampa Y is proud to offer the program free to all cancer survivors - at any state of survivorship - and their families in Hillsborough and East Pasco counties.”

The LIVESTRONG at the YMCA program is offered at [all of the Tampa YMCA's family branches](#) and [Downtown YMCA Wellness Centers](#). Please contact Lalita Llerena at lalita.llerena@tampaymca.org or (813) 224-9622, ext. 240 if you're interested in interviewing a cancer survivor(s) and their families in the program as well as a certified LIVESTRONG coach.

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About the Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 142,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org