



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **LIVESTRONG at the YMCA**

**Ages: adults (18 and older)**

### **About the Program**

LIVESTRONG at the YMCA is a program committed to reaching out to cancer survivors who deserve the opportunity to reclaim or gain their health following their cancer diagnosis and beyond. The 12-week program is free, takes place in a clean and supportive environment and is facilitated by specially trained instructors. The goal of this program is to provide the cancer survivors with a unique healing experience. It is open to all cancer survivors whether newly diagnosed or 20 years out.

### **Program Dates**

**12-week session**  
February 20 – May 10, 2018

### **Days and Times**

Tues/Thurs  
10:30 - Noon

### **Additional Information**

Interested individuals will be scheduled for an interview prior to joining the class.

Contact Desiree Pearce at the Y for more information.

Sheridan County YMCA  
417 N. Jefferson  
Sheridan, WY 82801  
Ph: 307 674 7488  
[www.sheridanymca.org](http://www.sheridanymca.org)

Contact: Desiree Pearce

### **Fees**

Free to the Community

### **Scholarships**

Financial assistance applications available at the Y front desk.