



LIVESTRONG™



LIVESTRONG at the YMCA is

A program committed to reaching out to cancer survivors

- A 12-week program to work on physical & emotional well-being
- A safe, clean and supportive environment
- A physical & educational program facilitated by specially trained instructors
- A unique healing experience from diagnosis on

To learn more about **LIVESTRONG** at the YMCA, contact:
Desiree Pearce

Phone: 307-674-7488 or E-Mail: dpearce@sheridanymca.org

Days & Time: Tuesdays & Thursdays 10:30 - Noon

Program Dates: September 17-December 5, 2019

LIVESTRONG at the YMCA is **FREE** for 12 weeks to the community.