



LIVESTRONG™ *at* the YMCA

Exercise and Thrive



ARE YOU
AFFECTED BY
CANCER?
OR KNOW
SOMEONE
WHO IS?

FRED HUTCHINSON
CANCER RESEARCH CENTER

A LIFE OF SCIENCE



In 2007, the Lance Armstrong Foundation and the YMCA of the USA joined forces to create LIVESTRONG at the YMCA, a program to support people affected by cancer to reach their health and well-being goals. In local partnership with the Fred Hutchinson Cancer Research Center and Seattle Cancer Care Alliance, LIVESTRONG at the YMCA: **Exercise and Thrive Program** consists of a 10 week strength and conditioning program with exercises specially designed by experts to fit the needs of cancer survivors. Feel stronger, more healthy and rejuvenated, and live strong at the YMCA!

Gig Harbor Family YMCA Exercise And Thrive Program

Starts Wednesday, February 3rd

Wednesdays 6:30pm-8:00pm

Saturdays 9:30am-11:00am

\$100.00 for 10 week session

To register, contact:

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