

L I V E S T R O N G [™] *at the* Y M C A

A PROGRAM OF THE YMCA AND LIVESTRONG



LIVESTRONG[™]



A Free Program for Cancer Survivors*

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Register TODAY!
Program starts September

Program Benefits

Increased Stamina, Muscular Strength. Learn the basics of Nutrition for Cancer survivors; find peace & calm through yoga and relaxation techniques.

*FREE 3 Month Y Family Membership for the families of Cancer Survivors registered in our LiveSTRONG at the YMCA program.

Call NOW to Register

Hays Communities Family YMCA • 465 Buda Sportsplex Dr.

livestronghays@austinyymca.org or 512-523-0099