



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE CANCER SURVIVOR REHABILITATION

LIVESTRONG AT THE Y
FREE 3 MONTH MEMBERSHIP*
NORTHWEST YMCA

Program Benefits

- Increased Stamina
- Muscular Strength
- Nutrition Counseling
- Yoga Relaxation techniques

Aug 29 – Nov 16

M/W, 11:45am-12:45pm

Aug 30- Nov 17

T/Th, 6-7:15pm

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



Northwest Family YMCA • 5807 McNeil Dr.
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