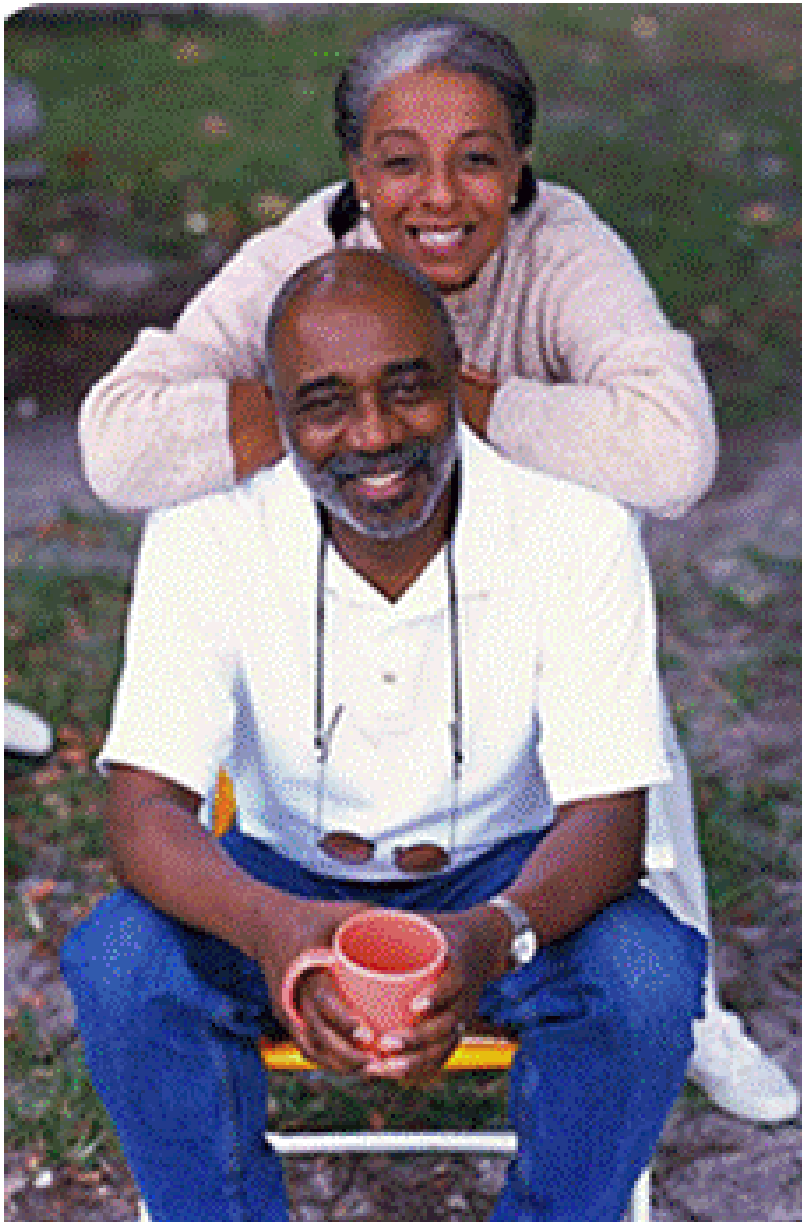


LIVESTRONG™ *at the* YMCA

A PROGRAM OF THE YMCA AND LIVESTRONG



LIVESTRONG®



A Program for Cancer Survivors & Family

* * *

**Monday & Wednesday
Begins September 13
1:15 - 2:30pm**

Program Benefits

Improving Cardiovascular
Endurance, Muscle
Strength, with Yoga &
Relaxation techniques

*FREE 3 Month Y Family
Membership for all Livestrong
program participants.*

Townlake YMCA 1100 W Cesar Chavez

TLLIVESTRONG@austinyymca.org or 512-542-9622