
L I V E S T R O N G™ *at the* YMCA

A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION



The YMCA of Greater Syracuse proudly announces it is one of 10 YMCAs across the country selected to offer the *LIVESTRONG at the YMCA* physical activity and well-being program that addresses the special wants, needs and interests of cancer survivors. *LIVESTRONG at the YMCA* is the result of a multi-year partnership between YMCA of the USA and the Lance Armstrong Foundation. These programs and services have been developed for and with cancer survivors which include services in the area of wellness and childcare. These programs are designed to assist cancer survivors through their journey beginning at the time of diagnosis. The YMCA is committed to enhancing the quality of life for cancer survivors by helping them regain control of their health and well being during and following treatment.

Here are just a few of the programs offered through the partnership:

Strive & Thrive (All Branches)

Strive & Thrive is a small group exercise program designed for adult cancer survivors who wish to build muscle strength, increase flexibility and endurance, improve overall functional ability, and reduce the severity of therapy side effects.

Restorative Yoga (Downtown Branch)

This class will focus on gentle postures, breathing techniques and deep relaxation to help ease both the bodies and minds of cancer survivors.

Questions or to register for Strive & Thrive or Yoga, please contact:

Barb Moul

Intake Coordinator, *LIVESTRONG at the YMCA*

YMCA of Greater Syracuse

315-474-6851 ext. 339

or bmoul@syracuseymca.org

Advanced registration required. Class size is limited.

Prime Time Plus for Children or Siblings of Cancer Survivors (East/North Branches)

The adapted Prime Time program for children of cancer survivors allows children to play, do crafts, and have fun in a safe, secure drop-off environment while parents attend treatment, support groups or doctors appointments.

Questions or to register, please contact:

East—Amanda Coyle—637-2025 ext. 227

North—Tess Kenney—451-2562

Advanced registration required.