

WHY LIVESTRONG® ?

“Two years ago I heard about the LIVESTRONG® program at the YMCA of Broome County and signed up. The LIVESTRONG® instructor taught me how to exercise and use gym equipment. I followed up this training with YMCA fitness classes at least three days a week. Each Y instructor encouraged me until I became more confident in my abilities. Currently, I have cancer in my right kidney and pancreas, as well as multiple pancreatic cysts and 6 small brain tumors. I spend at least 40 hours a week on my job and walk every day, in addition to my YMCA classes. The YMCA has made me physically and mentally stronger for my busy schedule, as well as for my future health battles. I have achieved far more than I ever thought possible in my fitness and wellness journey!” – Cathy

“I made great strides working with my LIVESTRONG® coach, and 3 women over the next 12 weeks. Our instructor knew just how much to push and when to encourage. By the time I celebrated graduation with the others in that session, I had achieved a much higher level of fitness, wellness and gained lifelong friendships, as well.” – Lori



BRING THE FAMILY!

Wellness Centers, Land Classes & Aquatic classes at two locations to choose from with multiple exercise classes offered. Child Watch available for your little ones 6-weeks and up while you workout.

Falls Prevention program offers classes for seniors focused on moving for better balance.

Child Care is available for ages 6-weeks and up with qualified and caring staff. Meals and swim lessons are provided.

Youth Sports provide an opportunity for physical activity for ages 3 and up!

After School Programs are available for 5 to 12 year olds. Offered at five convenient locations from 3:00-6:00pm, Monday through Friday.

Swim Lessons are available starting at age 6 months! Build skills and confidence in the water.

Y memberships are a great way to spend time with your loved ones. Become a member today, your first visit is always free!

Binghamton Branch
61 Susquehanna Street
Binghamton, NY 13901
607-772-0560

West Family Branch
740 Main Street
Johnson City, NY 13790
607-770-9622

YMCA of Broome County
www.ymcabroome.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG®

FOUNDATION



PARTNERS IN HEALING

PARTNERS IN HEALING THE WHOLE PERSON

Cancer is a life changing disease that takes a tremendous physical and emotional toll on those affected. The YMCA and LIVESTRONG® Foundation have joined together to create an **evidence based** program designed to help adult cancer survivors reclaim their total health.

LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people can connect during treatment and beyond.



PROGRAM GOALS

- Improve energy levels & self esteem.
- Build muscle mass and strength.
- Increase flexibility and endurance.
- Improve functional ability to do everyday tasks.
- Reduce the severity of treatment side effects and prevent unwanted weight changes.
- Develop an ongoing fitness program for participants to continue and practice a healthy lifestyle, not only as a part of recovery, but as a way of life.



LIVESTRONG AT THE YMCA

This 12-week small group program is designed for adult cancer survivors who have become de-conditioned or chronically fatigued from treatment or disease.

During this program you receive:

- A FREE 3-month YMCA membership for the survivor and a support person (family member or friend), granting full access to the YMCA facilities.
- A Fitness Assessment.
- Two 90-minute classes each week in a small group setting (4-6 people).
- Unlimited support.



WHO CAN PARTICIPATE

The LIVESTRONG at the YMCA program is for adult cancer survivors who are undergoing or have completed treatment.

Participants should:

- Have a strong personal desire to enroll in the program.
- Be ready to engage in a progressive 12-week exercise program
- Personally commit to attending all classes.
- Be prepared to have fun, make friends, and feel better!



To participate contact:

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