



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

L I V E S T R O N G AT THE YMCA

The YMCA of Greensboro is partnering with **LIVESTRONG**, to offer health and wellness programs for cancer survivors. The programs are designed to strengthen and support survivors on the road to recovery. Our goal is to empower cancer survivors to improve their physical fitness and live a healthy lifestyle.

What: 12 week referral program, 2 days per week for 90 minutes, small group format lead by **LIVESTRONG** certified professionals

Why: Improve functional ability by increasing strength and muscle mass, and improving endurance and flexibility

When: March 2012

Where: Mary Perry Ragsdale YMCA

YMCA Mission

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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