

## OUR COMMITMENT

Our YMCA is committed to enhancing healthy living in our community. We are here to support and guide cancer survivors and their families through their recovery process by cultivating an atmosphere that embraces survivors with compassion, understanding, and awareness; to heal their spirits, minds, and bodies in a safe, supportive and respectful environment.

The Y offers a wide variety of programs in addition to Cancer Survivorship programs to support those seeking to live a healthy and full-filling life.



**LIVESTRONG®** was founded in 1997 by cancer survivor and champion cyclist Lance Armstrong. Based in Austin, Texas, **LIVESTRONG®** fights for the 28 million people around the world living with cancer today. **LIVESTRONG®** connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, **LIVESTRONG's** mission is to inspire and empower anyone affected by cancer.

### ASSOCIATION OFFICES

8001 Excelsior Drive Suite 200  
Madison, WI 53717  
608 664 9622

### LUSSIER FAMILY EAST YMCA

711 Cottage Grove Road  
Madison, WI 53716  
608 221 1571

### NORTHEAST YMCA

1470 Don Simon Drive  
Sun Prairie, WI, 53590  
608 837 8221

### LUSSIER FAMILY WEST YMCA

5515 Medical Circle  
Madison, WI 53719  
608 276 6606

### YMCA CHILD CARE

8001 Excelsior Drive Suite 200  
Madison, WI 53717  
608 288 4101

**OUR VISION** is that the YMCA of Dane County will be celebrated and supported as the community's leading nonprofit organization for youth development, healthy living and social responsibility

**YMCA OF DANE COUNTY, INC.**  
[www.ymcanedanecounty.org](http://www.ymcanedanecounty.org)



**LIVESTRONG®**

# PARTNERS IN HEALING THE WHOLE PERSON

**LIVESTRONG®** AT THE YMCA



# TAKING ACTION, CHANGING ODDS

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and **LIVESTRONG**® have joined together to create **LIVESTRONG** at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, **LIVESTRONG** at the YMCA is helping people move beyond cancer in spirit, mind and body.

This program is a free small-group wellness program for adult cancer survivors. The certified instructors are trained in the elements of cancer, post-rehab exercise, nutrition and supportive cancer care. The program is a 12-week session that meets for 75 minutes, two times per week at the YMCA.



## CRITERIA FOR PARTICIPATION

- Personally enroll in the program.
- Commit to attending 80% of the classes.
- Inform your physician that you plan to join the program.
- Participants must receive medical clearance and are evaluated on an individual basis. Patients currently undergoing treatment may participate, but only if they receive medical clearance.
- This class is recommended for people who have recently finished cancer treatment. Enrollment will be handled on a case-by-case basis.

## REGISTRATION & INFORMATION

- Contact your local branch or email [livestrong@ymcadanecounty.org](mailto:livestrong@ymcadanecounty.org)
- Additional information may be found on our website [www.ymcadanecounty.org](http://www.ymcadanecounty.org). Advanced registration is required.

## COST

This is FREE to both Y members and non-members. This includes a FREE 3 month Y membership for the cancer survivor and caregiver while enrolled in the program.

## SUPPORT LIVESTRONG AT THE YMCA

Thanks to generous donor contributions, the YMCA of Dane County, Inc. offers **LIVESTRONG** at the YMCA at no charge to participants. Your tax deductible donation to **LIVESTRONG** at the YMCA will help us continue to serve cancer survivors throughout our community.

A gift of \$1200 will sponsor an entire 12-week session. A gift of \$100 will sponsor an individual participant.

All gifts are greatly appreciated. To make a contribution to the program, please contact your **LIVESTRONG** at the YMCA Coordinator at your local branch or email [livestrong@ymcadanecounty.org](mailto:livestrong@ymcadanecounty.org).

