



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIVESTRONG at the YMCA

**Livestrong at the YMCA is a small group program assisting adults living with, through and beyond cancer to strengthen their spirit, mind, and body.**

- 12-week program
- Two times a week/90 minutes
- Evaluations before & after participation
- Facilitated by certified instructors
- At no cost to you!



BRANCH	SESSION DATES	DAYS	TIME
<b>Simmons</b>	April 15 - July 10	Monday/Wednesday	10:30am-12:00pm
<b>Keith Family</b>	April 2 - June 20	Tuesday/Thursday	9:30am-11:00am
<b>Lowes</b>	April 8 - June 28	Monday/Wednesday	1:00pm-2:30pm
<b>Dowd</b>	April 22 - July 10	Monday/Wednesday	10:00am-11:30am
<b>Harris</b>	April 22 - July 15	Monday/Wednesday	1:00pm-2:30pm
<b>Saras</b>	April 16 - July 11	Tuesday/Thursday	1:00pm-2:30pm
<b>Brace</b>	April 1 - June 26	Monday/Wednesday	4:30pm-6:00pm
<b>McCrorey</b>	April 22 - July 10	Monday/Wednesday	12:30pm-2:00pm
<b>Lake Norman</b>	May 7- June 23	Tuesday/Thursday	11:30-1:00pm
<b>Sallys</b>	June 10 - April 29	Monday/Thursday	6:00pm-7:30pm

For more information or to register for a session contact

[Livestrong@ymcacharlotte.org](mailto:Livestrong@ymcacharlotte.org)

**LIVESTRONG®**

FOUNDATION