



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
Keith	April 16th-July 6th	Tuesday/Thursday	1:00pm-2:30pm
Stratford Richardson	April 30th- July 16th	Tuesday/Thursday	1:00pm- 2:30pm
Brace	September 4th- November 20th	Monday/Wednesday	10:30am- 12:00pm
Sara's	September 4th- November 25th	Monday/ Wednesday	1:30pm- 3:00pm
Harris	September 9th- November 27th	Monday/ Wednesday	11:00am-12:30pm
Lake Norman	September 10th- December 5th	Tuesday/ Thursday	5:30pm-7:00pm
Brace	September 10th- November 21st	Tuesday/Thursday	9:30am- 11:00am

For more information or to register for a session
contact livestrong@ymcacharlotte.org

LIVESTRONG®

FOUNDATION