

# RENEW REBUILD RECONNECT

Are you a cancer survivor interested in participating in this program? Class days and times are available at the following location:

YMCA at Schilling Farms  
1185 Schilling Blvd. East, Collierville, TN 38017

You do not have to be a YMCA member to participate. All participants will go through an interview process.

## COST

The costs associated with the program are underwritten by the YMCA. Space is limited for each session to allow for a low LIVESTRONG® at the YMCA instructor to participant ratio.

## FOR INFORMATION PLEASE CONTACT:

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### About the LIVESTRONG Foundation

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The LIVESTRONG Foundation provides free cancer support services to help people cope with the financial, emotional and practical challenges that accompany the disease. Created in 1997 by cancer survivor and philanthropist Lance Armstrong, the Foundation is known for its powerful brand – LIVESTRONG – and for its advocacy on behalf of survivors and their families. With its iconic yellow LIVESTRONG wristband, the Foundation has become a symbol of hope and inspiration around the world. Since its inception, the Foundation has served 2.5 million people affected by the disease and raised more than \$500 million to support cancer survivors. One of America's top cancer non-profit organizations, the Foundation enjoys a four-star rating from Charity Navigator and has been recognized by the National Health Council and the Better Business Bureau for its excellent governance, high standards and transparency. For more information, visit [LIVESTRONG.org](http://LIVESTRONG.org).



LIVESTRONG®

FOUNDATION

# TAKING ACTION, CHANGING ODDS

L I V E S T R O N G® AT THE YMCA



# HEALTHY LIVING

LIVESTRONG® at the YMCA is a twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their “new normal”. Through this program, we are creating communities among cancer survivors and guiding them through safe physical activity, helping them build supportive relationships, and reducing stress- leading to an improved quality of life.



# REACHING GOALS TOGETHER

The program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

YMCA fitness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.



Our goal is to help participants:

- Build muscle mass and muscle strength
- Increase flexibility and endurance
- Improve functional ability
- Reduce severity of therapy side effects
- Prevent unwanted weight changes
- Improve energy levels and self-esteem
- Assist in developing a physical fitness program to continue practicing a healthy lifestyle

# PARTNERS IN RECOVERY

As a leading organization improving the nation’s health, the YMCA of Memphis & the Mid-South promotes well-being; helps people reduce their risk for chronic disease, and helps them reclaim their health after a diagnosis. Medical studies have shown that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment. And cancer survivors themselves are increasingly aware of the positive impact that moderate physical activity, supportive relationships and stress reduction techniques can have on their quality of life.

Now, you can help us in our efforts. We are looking for:

- Oncology doctors and nurses, nutritionists and dietitians that would like to participate in various ways during this 12-week program.
- Referrals of potential partners to help support this program.

