



LIVESTRONG

**Initial meeting: February 7th
12:30pm, Conference Room**

**Assessments: Feb. 9th
12:30pm, GYM**

The LIVESTRONG at YMCA program offers adults with cancer the opportunity to safely participate in physical and social activities that strengthen the whole person. This free 12-week program meets twice a week for 75 minutes. Specially trained YMCA staff tailor the physical activities to match only what participants are able to do. The program has helped thousands of people move beyond cancer in spirit, mind and body.

**To learn more, call
Carolyn at
401-783-3900**

**South County YMCA
165 Broad Rock Road
Peace Dale, RI 02883
401-783-3900**