



# LIVESTRONG

**Initial meeting: September 12th  
12:30pm, Studio 1**

**Assessments: Sept. 14th  
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  
Phyllis at  
401-783-3900  
Ext.50304**

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