PARTNERS IN SUPPORT
The Granite YMCA is honored to be one of the host sites for the LIVESTRONG at the YMCA Program. The Y is committed to providing a welcoming and safe environment. We focus on the whole person not just the disease and strive to help survivors move beyond cancer in spirit, mind, and body.

LIVESTRONG AT THE YMCA
Serving the following communities

YMCA of Greater Londonderry
206 Rockingham Road
Londonderry, NH 03053

YMCA of Strafford County
35 Industrial Road
Rochester, NH 03867

FOR MORE INFORMATION ABOUT PROGRAM DATES & LOCATIONS PLEASE CONTACT:
Cindy Lafond | Association Healthy Living Director
603.232.8650 | clafond@graniteymca.org

www.graniteymca.org

In addition to the physical benefits, LIVESTRONG at the YMCA provides you with a supportive environment and a feeling of community with fellow survivors, Y staff, and other members.

“I had completed treatment involving months of chemotherapy. Afterwards, I found myself weak, uncomfortable, and tired. I had heard about the LIVESTRONG at the YMCA Program being offered and while I liked the idea behind the program, I didn’t think I was strong enough to participate. I’m very happy I decided to enroll. Our group was very supportive and understanding of each other. Some days we would talk as a group prior to exercising, which was extremely helpful.”

– Margaret C.
LIVESTRONG at the YMCA participant

REACHING GOALS TOGETHER
Our staff are trained exercise specialists. They understand participant needs and help each individual address them safely while everyone works at their own pace. Instructors are trained in the elements of cancer, post rehab exercise, and supportive cancer care.

LIVESTRONG at the YMCA instructors come from varied backgrounds and have particular expertise in group exercise and personal training. Staff work with each participant to fit the program to their individual needs and at their own pace so participants can practice a healthy lifestyle, not only as part of the recovery process, but as a way of life.

Throughout the 12 weeks participants will:
- Build muscle mass & muscle strength
- Increase flexibility & endurance
- Improve functional ability
- Build companionship and share stories of inspiration
- Develop their own physical fitness program to continue practicing a healthy lifestyle
- Improve energy levels & self-esteem

PARTNERS IN RECOVERY

LIVESTRONG meets twice a week for 75 minutes, using traditional exercise methods to ease participants back into fitness and help further their wellness journey. Program exercises help reduce the severity of therapy side effects, prevent unwanted weight changes, and improve energy levels and self-esteem.

PARTNERS IN HEALING

LIVESTRONG at the YMCA is a FREE 12 week, small group program for adult cancer survivors, family members, and caregivers. Through this program, we support cancer survivors in the transitional period between completing their cancer treatment and the time of feeling physically and emotionally strong enough to return to their normal life.

Through this program, we create communities among cancer survivors and help guide them on their journey to reclaim health and wellness.

Adult cancer survivors achieving their holistic health goals TOGETHER!