

REACHING GOALS TOGETHER

LIVESTRONG® at the YMCA is a FREE 12 week small group program for adult cancer survivors, family members, and caregivers. The program meets twice a week for 75 minutes. **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. **Offered both in person and virtually.**

Throughout the 12 weeks participants will:

- Build muscle mass and muscle strength
- Increase flexibility and 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 and self esteem



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.

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown
116 Goffstown Back Rd, Goffstown, NH 03045

YMCA of Downtown Manchester
30 Mechanic St, Manchester, NH 03101

YMCA of Greater Londonderry
206 Rockingham Rd, Londonderry, NH 03053

YMCA of Strafford County
35 Industrial Way, Rochester, NH 03867

YMCA of the Seacoast
550 Peverly Hill Rd, Portsmouth, NH 03801

YMCA of Concord
15 North State St, Concord, NH 03301

Exeter Area YMCA
56 Linden St, Exeter, NH 03833

FOR MORE INFORMATION, contact Cindy Lafond, Association Director of Health Interventions at 603.232.8668 or email health@graniteymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG® AT THE YMCA

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA



www.graniteymca.org



PHYSICAL WELLNESS

LIVESTRONG® uses 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.

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.



EDUCATION & OUTREACH

- **Classes and workshops** held in collaboration with local health experts for adult cancer survivors on specific interests.
- **One-on-one support** for specific case information, including other resources to help with specific needs



GROUP SUPPORT

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.

