



LIVESTRONG

We would like to thank you for your interest in participating in the LIVESTRONG at the YMCA program. At LIVESTRONG, our mission is to inspire and empower people affected by cancer.

By supplying your information and signature below, you are providing The Granite YMCA consent to contact you. Return this form to the Welcome Center at one of our five locations.

Please print

FIRST NAME:		LAST NAME:	
STREET ADDRESS:			
CITY:		STATE:	ZIP CODE:
PHONE NUMBER:			
EMAIL ADDRESS:			
SIGNATURE:			
TYPE OF CANCER:			
WHERE ARE YOU IN YOUR JOURNEY?			
IN TREATMENT? <input type="checkbox"/> YES <input type="checkbox"/> NO		DATE: _____	
POST TREATMENT? <input type="checkbox"/> YES <input type="checkbox"/> NO		DATE: _____	

Can you commit to a 12-week exercise program twice a week for 90 minutes?

Yes No

When is the last time you worked out?

Currently Within the last 3 months 6+ months ago

Which YMCA branch is most convenient to you?

YMCA of Downtown Manchester/ YMCA of Greater YMCA of Strafford County YMCA of the Seacoast
YMCA Allard Center of Goffstown Londonderry

What is the best time of day to commit to an exercise program?

Mornings Afternoons Evenings

For more information, please contact Cindy Lafond,
Association Healthy Living Director at 603.232.8650 or clafond@graniteymca.org

