

## PROGRAM INSTRUCTORS

Our instructors provide a supportive environment for the class. Each instructor is a certified personal trainer. In addition, we have specialized training in the elements of cancer, post cancer exercise, nutrition, and supportive cancer care.

## REGISTRATION & INFORMATION

If you would like more information about cancer survivorship at the Y, or would like to register for **LIVESTRONG** at the YMCA, please contact:

Heather Wright  
Wellness Director  
hwright@marionfamilyymca.org  
MARION FAMILY YMCA  
WOPAT YMCA CENTER  
645 Barks Rd. E. Marion, OH  
Phone 740-725-9622



**MARION FAMILY YMCA  
WOPAT YMCA CENTER**  
645 Barks Road East, Marion, OH 43302  
P 740 725 9622 F 740 389 1287  
[WWW.MARIONYMCA.ORG](http://WWW.MARIONYMCA.ORG)



# PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA

## MARION FAMILY YMCA



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**LIVESTRONG®** at the YMCA is a program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during, and after treatment.

This 12 week program meets twice per week with certified instructors who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

Pre registration is required.

Please contact  
Heather Wright, Wellness  
Director at 740-725-9622



## HOW DOES THE PROGRAM WORK?

**LIVESTRONG** at the YMCA focuses on you - the whole person - not the disease. The 12-week program meets twice a week. Using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight, you'll focus on:

- Increasing flexibility and endurance
- Enhancing functional ability to do everyday tasks
- Improving energy levels, building muscle mass and strength
- Reducing the severity of therapy side effects and preventing unwanted weight changes
- Developing an on-going physical fitness program, not only as part of recovery but, as a way of life
- Improving confidence and self-esteem

## CRITERIA FOR PARTICIPATION

- Strong personal desire. Patient needs to personally enroll in the program, rather than a family member on their behalf.
- Personally commit to attending all classes.
- Inform their physician of their plan to join the program.
- Give permission for Y wellness staff to call physician or person giving treatment when necessary.
- Complete our screening forms and answer health questionnaire.
- This class is recommended for individuals who have finished their cancer treatment recently or are survivors looking to regain health and improve quality of life.

