



# SURVIVE AND THRIVE



## Cumberland Cape Atlantic YMCA Livestrong at the Y Program

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, a research based physical activity and well-being program designed to help adult cancer survivors reclaim their total health! With the help of Y-trained staff, participants will:

- Focus on physical well-being
- Increase flexibility and endurance
- Improve confidence and self-esteem
- Work in a peer support group
- Make long-lasting relationships

**NEW CLASSES FORMING  
NOW FOR SUMMER 2018!**  
To learn more, contact  
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