

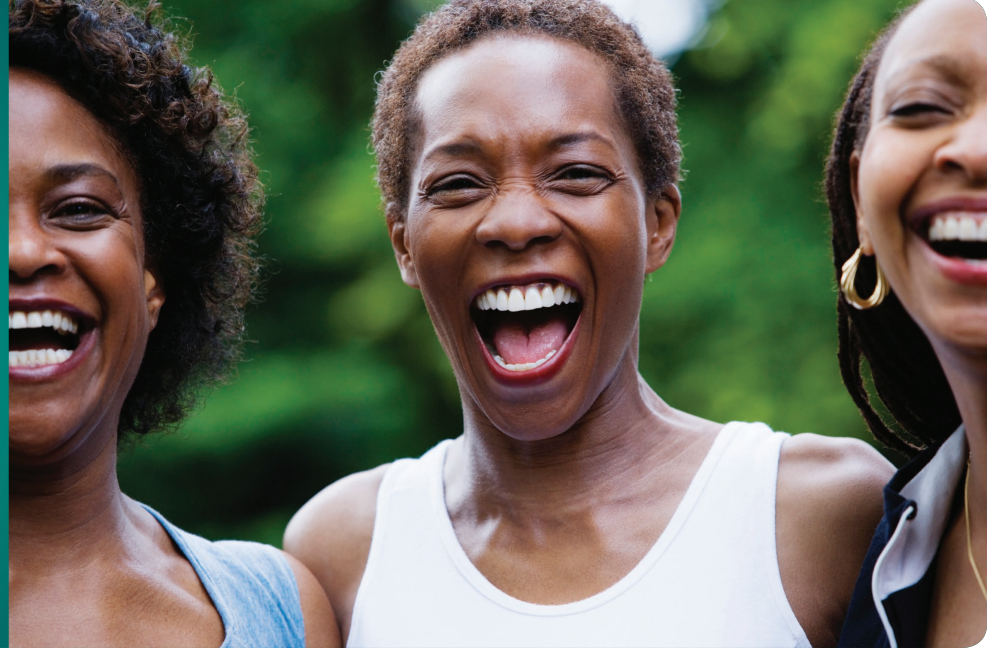


LIVESTRONG

FOUNDATION

GROWING STRONGER TOGETHER

LIVESTRONG® AT THE YMCA



YMCA OF GREATER OMAHA

www.metroymca.org

Sponsored in part by



L I V E S T R O N G[®] AT THE YMCA

LIVESTRONG[®] at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle and strength, increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person, LIVESTRONG at the YMCA is helping people move beyond cancer care in spirit, mind, and body.

LIVESTRONG at the YMCA is a FREE 12-week group training program which includes a family Y membership. Participants receive one-on-one attention in a group setting, which creates a safe and comfortable workout environment.



YMCA OF GREATER OMAHA
www.metroymca.org



WEST OMAHA . 402-334-8487
13010 Atwood Avenue . Omaha, NE 68144
(SOUTHWEST YMCA)

MIDTOWN/DOWNTOWN OMAHA . 402-393-3700
7502 Maple Street . Omaha, NE 68134
(MAPLE STREET YMCA)

SARPY COUNTY . 402-339-9861
1111 E. First Street . Papillion, NE 68046
(SARPY COMMUNITY YMCA)

WESTERN IOWA . 712-322-6606
7 South 4th Street . Council Bluffs, IA 51503
(COUNCIL BLUFFS YMCA)

or contact MBW@metroymca.org