



LIVESTRONG®

FOUNDATION



FAMILY YMCA OF LANCASTER AND FAIRFIELD COUNTY

RIVER VALLEY CAMPUS YMCA

2384 N. Memorial Drive, Lancaster OH

TWO SESSIONS PER YEAR

SPRING AND FALL

Classes Held Every Tuesday & Thursday

ABOUT THIS PROGRAM

LIVESTRONG at the YMCA is an evidence-based physical activity and well-being program 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 mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

For questions or to sign-up, please contact:

Angie Duckworth - aduckworth@ymcalancaster.org or call 614-687-2939



LIVESTRONG®
AT THE YMCA

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