

# PARTNERS IN HEALING THE WHOLE PERSON



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## LIVESTRONG AT THE YMCA FREE program

for our Community Members

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.

The LIVESTRONG at the YMCA program includes:

- Free 12-week adult membership
- Two free classes per week
- Full access to the Y



### • FOR INFORMATION and FREE Registration CONTACT:

• **LIVESTRONG at the YMCA - Lansdowne Branch**  
• Health & Wellness Director - Rhonda Dudley  
• 610-713-5243  
• [rdudley@cyedc.org](mailto:rdudley@cyedc.org)

• **LIVESTRONG at the YMCA - Ridley Area Branch**  
• Health & Wellness Director - Cindy Silberstein  
• 484-479-3416  
• [csilberstein@cyedc.org](mailto:csilberstein@cyedc.org)

• **LIVESTRONG at the YMCA - Springfield Branch**  
• Sr. Health & Wellness Director - Colleen Gutowski  
• 610-557-9622 x 5011  
• [cgutowski@cyedc.org](mailto:cgutowski@cyedc.org)