

PARTNERS IN HEALING THE WHOLE PERSON



WWW.CYEDC.ORG

LIVESTRONG AT THE YMCA

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

LIVESTRONG at the YMCA

FOR INFORMATION, CONTACT

Colleen Gutowski

Sr Health & Wellness Director P:

610-557-9622 x 5011

E: cgutowski@cyedc.org

Scan to enroll

