



LIVESTRONG®

FOUNDATION

# TAKING ACTION CHANGING ODDS

## LIVESTRONG® at the YMCA

### PROGRAM OVERVIEW

LIVESTRONG® at the YMCA is an evidence-based program that helps adult cancer survivors reclaim their health and well-being after treatment for cancer. The program is free to all members of the community. Participating YMCAs create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG® Foundation has been the YMCAs partner in developing and delivering LIVESTRONG® at the YMCA.

### DESCRIPTION AND GOALS

- Small group, supportive environment
- 12-week program with two 90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance and flexibility exercises
- Held in YMCA "Wellness Centers"
- Evaluation includes Functional and Quality of Life assessments before and after participation
- Facilitated by YMCA-certified Instructors

### WHO QUALIFIES?

Any adult 18 years old or older who is living with or beyond cancer treatment.

### PROGRAM IMPACT:

LIVESTRONG® at the YMCA has proven to:

- help survivors MEET OR EXCEED the recommended amount of physical activity
- help survivors SIGNIFICANTLY INCREASE their cardiovascular endurance
- IMPROVE cancer survivors' overall quality of life and DECREASE their cancer-related fatigue

### PARTICIPANTS REPORT:

- High levels of SATISFACTION
- STRONG CONNECTIONS with other group members
- PLANS TO CONTINUE EXERCISE after the program

### THE PROGRAM'S REACH

(January-September 2017)

Number of branches offering the program:	11
Number of sessions completed:	15
Number of total survivors served this year:	132

### REGISTRATION PROCESS:

Referral forms for your doctor can be found at [ymcanwnc.org/livestrongattheymca](http://ymcanwnc.org/livestrongattheymca). The deadline for registration is at least one week before the session begins. Sessions fill quickly.

# 2019 LIVESTRONG® AT THE YMCA SCHEDULE

YMCA Location	Address and Phone number	Session Days and Times	Session Start Dates
<b>Alexander County Family YMCA</b>	260 Black Oak Ridge Road Taylorsville, NC 28681 Christy Harrington, 828 632 9699 c.harrington@ymcanwnc.org	Tuesday and Thursday 3:30 pm – 5:00 pm 5:30 pm – 7:00 pm	March 5 September 10
<b>Davie Family YMCA</b>	215 Cemetery Street Mocksville, NC 27028 Teresa Muncus, 336 751 9622 t.muncus@ymcanwnc.org	Monday and Thursday 6:00 pm – 7:30 pm Child Care available	March 4 August 26
<b>Fulton Family YMCA</b>	385 West Hanes Mill Road Winston-Salem, NC 27105 Corey Beers, 336 661 1093 c.beers@ymcanwnc.org	Tuesday and Thursday 11:00 am – 12:30 pm 6:00 pm – 7:30 pm	March 26 August 26
<b>Innovation Quarter YMCA</b>	525 Vine Street #155 Winston-Salem, NC 27101 Kristina Mauk, 336 721 2100 k.mauk@ymcanwnc.org	Monday and Wednesday 5:30 pm – 7:00 pm	March 4
<b>Jerry Long Family YMCA</b>	1150 S. Peace Haven Road Clemmons, NC 27012 Jimmy Johnson, 336 712 2000 jimmy.johnson@ymcanwnc.org	Tuesday and Thursday 1:30 pm – 3:00 pm	February 5 May 14 October 1
<b>Kernersville Family YMCA</b>	1113 W Mountain Street Kernersville NC 27284 Angela Tate, 336 996 2231 a.tate@ymcanwnc.org	March: Tues and Thurs 5:45 pm – 7:15 pm Sept: Mon and Wed 1:30 pm – 3:00 pm	March 5 September 9
<b>Robinhood Road Family YMCA</b>	3474 Robinhood Road Winston-Salem, NC 27106 Mike Farrell, 336 251 1090 m.farrell@ymcanwnc.org	Tuesday and Thursday 1:00 pm – 2:30 pm	March 5 August 27
<b>Statesville Family YMCA</b>	828 Wesley Drive Statesville, NC 28677 Deb Schneble, 704 873 9622 d.schneble@ymcanwnc.org	Tuesday and Thursday 6:00 pm – 7:30 pm	March 5 August 27
<b>Stokes Family YMCA</b>	105 Moore Road King, NC 27021 Tiffany Boyles, 336 985 9622 t.boyles@ymcanwnc.org	Monday and Thursday 1:30 pm – 3:00 pm	April 8
<b>Wilkes Family YMCA</b>	1801 YMCA Boulevard Wilkesboro, NC 28697 Lisa Beard, 336 838 3991 lisa.beard@ymcanwnc.org	Tuesday and Thursday 1:30 pm – 3:00 pm	March 5 September 3
<b>William G. White, Jr. Family YMCA</b>	775 West End Boulevard Winston-Salem, NC 27101 Kristina Mauk, 336 721 2100 k.mauk@ymcanwnc.org	Monday and Wednesday 9:30 am – 11:00 am Child Care available	September 2
<b>Winston Lake Family YMCA</b>	901 Waterworks Road Winston-Salem, NC 27101 Crystal Barner, 336 724 9205 c.barner@ymcanwnc.org	Monday and Wednesday 4:00 pm – 5:30 pm	March 11 July 8
<b>Yadkin Family YMCA</b>	6540 Service Road Yadkinville, NC 27055 Cheryl Bey, 336 679 7962 c.bey@ymcanwnc.org	Tuesday and Friday 11:30 am – 1:00 pm	March 5 September 10