



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-October 2019)

Number of branches offering the program:	13
Number of sessions completed:	17
Number of total survivors served this year:	141

2020 LIVESTRONG® AT THE YMCA SCHEDULE

YMCA Location	Address and Phone number	Session Days and Times	Session Start Dates
Alexander County Family YMCA	260 Black Oak Ridge Road Taylorsville, NC 28681 Christy Harrington, 828 632 2232 c.harrington@ymcanwnc.org	Tuesday and Thursday 4:00 pm – 5:30 pm	March 3
Davie Family YMCA	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 2 August 24
Fulton Family YMCA	385 West Hanes Mill Road Winston-Salem, NC 27105 Corey Beers, 336 661 1093 c.beers@ymcanwnc.org	Monday and Wednesday 5:00 pm -6:30 pm	April 6 September 7
Jerry Long Family YMCA	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	March 17 September 15
Kernersville Family YMCA	1113 W Mountain Street Kernersville NC 27284 Angela Tate, 336 996 2231 a.tate@ymcanwnc.org	Monday and Wednesday 1:30 pm - 3:00 pm	March 2 August 31
Robinhood Road Family YMCA	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 3 August 25
Statesville Family YMCA	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 3 August 25
Stokes Family YMCA	105 Moore Road King, NC 27021 Tiffany Boyles, 336 985 9622 t.boyles@ymcanwnc.org	Monday and Wednesday 1:30 pm – 3:00 pm	March 2
Wilkes Family YMCA	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 3 September 1
William G. White, Jr. Family YMCA	775 West End Boulevard Winston-Salem, NC 27101 Ciera King, 336 721 2100 c.king@ymcanwnc.org	Monday and Wednesday 9:30 am - 11:00 am Child Care available	February 18 September 1
Winston Lake Family YMCA	901 Waterworks Road Winston-Salem, NC 27101 Crystal Barner, 336 724 9205 c.barner@ymcanwnc.org	TBD	TBD
Yadkin Family YMCA	6540 Service Road Yadkinville, NC 27055 Heather Mosteller 336 679 7962 h.mosteller@ymcanwnc.org	Tuesday and Friday 12:30 pm - 2:00 pm	March 30 September 29