



**LIVESTRONG®**

# PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA



LIVESTRONG® at the YMCA is a free twelve-week, small group program designed specifically for cancer survivors. Our certified LIVESTRONG® trainers will help participants build muscle mass and muscle strength, increase flexibility and endurance and improve their overall functional ability. Our goal is to help reduce the severity of therapy side effects, prevent unwanted weight changes, and improve participants' energy levels and self-esteem.

**DATES:** Jan. 9-Mar. 29

**CLASSES:** T/TH 9:45am-11am

**LOCATION:** Get Started Room

**COST:** FREE to members and non-members

Please contact Jon Williams for registration or more details at 406-294-1624 or email

[klyman@billingsymca.org](mailto:klyman@billingsymca.org).

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