

LIVESTRONG®

FOUNDATION



YMCA of Auburn-Lewiston

62 Turner Street, Auburn, ME

Every Monday + Thursday

from 1:15pm to 2:30pm

March 18 - June 6, 2024

LIVESTRONG
AT THE YMCA

ABOUT THIS PROGRAM

LIVESTRONG at the YMCA is an evidence-based physical activity and well-being program to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

For questions or to apply, please contact Kimbre Varney at kvarney@alymca.org



This program is sponsored by the Maine Cancer Foundation.