

# KEARNEY FAMILY YMCA

"We improve the lives of people affected by cancer. Now."

## L I V E S T R O N G<sup>®</sup> A T T H E Y M C A



L I V E S T R O N G<sup>®</sup>

F O U N D A T I O N

### FALL SESSIONS:

Monday & Wednesday  
September 10– December 5, 2018

Session A

12pm- 1:30pm

Session B

5:30-7pm

### ABOUT THE PROGRAM:

*Begins at the Kearney Family YMCA in September of 2018*

**Duration:** 12 weeks

**Class Size:** 6-12 Participants

**Classes meet:** 2x week, 75-90 minutes *(Each class is instructor led.)*

**Instructors:** Trained in cancer survivorship, post-rehabilitation exercise and support cancer care

**What:** Customized exercise regimens catered to their individual needs from certified fitness instructors

**Who:** For Cancer survivors at any stage of their diagnosis and treatment *(Participants can be just diagnosed, in treatment, year long survivors, or at any point of their cancer diagnosis.)*

**Cancer Survivors and their families receive 12-week membership at the Kearney Family YMCA for the duration of the program at no additional cost.**

### Contact Info:

**Brooke White**  
LiveStrong Instructor & Facilitator  
E: [bwhite@kearneymca.org](mailto:bwhite@kearneymca.org)

**Cindy Mangels**  
Associate Executive Director  
E: [livestrong@kearneymca.org](mailto:livestrong@kearneymca.org)

Donations help provide this program to cancer survivors and families at no charge.

4500 6th Ave - P: (308) 237-9622 F: (308) 237-7939 E: [livestrong@kearneymca.org](mailto:livestrong@kearneymca.org)  
[www.kearneymca.org](http://www.kearneymca.org)

# HEALTHY LIVING



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## KEARNEY FAMILY YMCA

### LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA guides cancer survivors in reaching their holistic health goals. This evidence based program offers those living with, through and beyond cancer a safe, empowering environment to participate in activities focused on strengthening the whole person. Participants work with specially trained Y staff to achieve goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. In addition to the physical benefits LIVESTRONG® at the YMCA also focuses on the emotional well-being of survivors and their families by providing a supportive community where they connect during the program.

Contact: [livestrong@kearneyymca.org](mailto:livestrong@kearneyymca.org)

### DELAY THE DISEASE

Delay the Disease is a program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. The Parkinson's-specific exercises are designed to retain the mind and body. The exercises have been shown effective, with many participants reporting a regained ability to successfully manage the disease, improve their quality of life and take back control their own body movements.

Contact: [bwhite@kearneyymca.org](mailto:bwhite@kearneyymca.org)

### DIABETES PREVENTION PROGRAM

Diabetes is a serious healthy condition that can lead to heart disease, stroke, kidney failure, high blood pressure, and blindness. Prediabetes is a potentially reversible condition that often leads to diabetes and 79 million people in the United States are estimated to have it. If you have been diagnosed with prediabetes, or believe you may be at risk for developing the disease, the YMCA's Diabetes Prevention Program can help you develop a healthier lifestyle and work with you to reduce the risks this condition can pose to your health. Based on effective efforts researched by the National Control and Prevention, the YMCA's Diabetes Prevention Program will help you learn about and adopt the healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being.

Contact: [kearneydpp@kearneyymca.org](mailto:kearneydpp@kearneyymca.org)

### WEIGHT LOSS PROGRAM

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable habits. Anyone that is 18 years of age or older is able to take part in this 12 week program. The class only meets once a week for 60 minutes. Participants will have a private weigh-in session with the instructor prior to each class, be introduced to a new topic relevant to weight loss, discuss as a group success/challenges/suggestions around the weekly topic and develop goals for the upcoming week. Topics covered: nutrition, physical activity, stress and sleep, positive psychology, goal setting and sustainability. Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small modest changes to their behaviors within the context of their own life and support of their weight loss goals.

Contact: [tmiller@kearneyymca.org](mailto:tmiller@kearneyymca.org)

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