

# 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



LIVESTRONG<sup>®</sup>

FOUNDATION

### **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)