



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNERS IN HEALING

LIVESTRONG at the YMCA
YMCA OF PIERCE AND KITSAP COUNTIES







I had no idea what to expect. I was surprised to learn that the employees are accepting of all and truly want to help patients build **STRENGTH**, improve **ENDURANCE**, attain **SELF-CONFIDENCE**, and **ENJOY LIFE AGAIN**.

Thank you for this program. It matters so much for people who have lost their health to get exercise and improve their chance at building a healthier life...improving mind, body and spirit.

Jolyn, LIVESTRONG at the YMCA Participant
Mel Korum Family YMCA

Many of us living with cancer become recluse. Medications cause weakness, loss of strength and depression. We turn into ourselves and stop reaching out to the community we love.

This program gave me back much of that I lost. Increasing my **STRENGTH, FLEXIBILITY, PERSONAL INTERACTION** with my fellow cancer survivors became the **HIGHLIGHTS** of my week. Every the staff asked me to do I did plus a little, and at the end had gained strength, flexibility and came out of the depression which was beginning to consume me.

Mike, LIVESTRONG at the YMCA Participant
Tom Taylor Family YMCA





HISTORY

- 2008 – Y-USA PARTNERED WITH LIVESTRONG FOUNDATION
- 2013 – YMCA OF PIERCE AND KITSAP COUNTIES PILOT AT TOM TAYLOR AND MEL KORUM FAMILY YMCAS
- 2014 – THREE ADDITIONAL BRANCHES ADOPT THE PROGRAM

BY THE NUMBERS

- 12 WEEK PROGRAM MEETS TWICE PER WEEK FOR 90 MINUTES.
- BENEFITS INCLUDE BUILDING MUSCLE MASS, INCREASING CARDIORESPIRATORY ENDURANCE, IMPROVING BALANCE AND FLEXIBILITY
- PARTICIPANTS PRACTICE STRESS REDUCTION TECHNIQUES TO IMPROVE SPIRIT/MIND/BODY
- TO DATE, OVER 400 Y AND COMMUNITY MEMBERS HAVE BEEN SERVED THROUGH THE LIVESTRONG AT THE YMCA PROGRAM



When Faye found out Dawn takes the bus to class every Monday and Wednesday, she began to offer Dawn a ride, even though it was 15 minutes out of her way. The two formed a strong friendship by participating in several classes a week together and even taking time to see each other outside of the Y as well. Upon conclusion of the session, Dawn was worried about the cost of a Y membership, but her husband offered to pay for it as long as Faye would continue to join her, so they both joined!

Katy, Health and Well-Being Director
MORGAN FAMILY YMCA



the  FOR YOUTH • FAMILY • AND COMMUNITY

**WELCOME
LIVESTRONG
AT THE YMCA
GRADUATES!**

**Congratulations!
You did it!**

YMCAPECOBS

