

The Fanwood-Scotch Plains YMCA, along with the LIVESTRONG Foundation, proudly offer Cancer Survivorship Programs designed to meet the needs of those whose lives have been affected by cancer.



This program is made possible by a collaboration with the LIVESTRONG Foundation, founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and based in Austin, Texas. LIVESTRONG fights for the 28 million people around the world living with cancer today. LIVESTRONG connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, LIVESTRONG's mission is to inspire and empower anyone affected by cancer.

Fanwood-Scotch Plains YMCA

1340 Martine Ave. Scotch Plains, NJ 908-889-8880

www.fanwoodscotchplainsymca.org

www.LIVESTRONG.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE WELL

LIVESTRONG AT THE YMCA

Cancer Survivorship Program
Fanwood-Scotch Plains YMCA



LIVESTRONG AT THE Y PROGRAM

LIVESTRONG at the Y is a FREE 12 week small group program designed for adult cancer survivors wanting to regain health as they have become de-conditioned or chronically fatigued from treatment and/or disease.

This program includes:

- Free 12-week Y Membership.
- Two 75-minute classes per week.
- Full access to the Y seven days per week.
- Support with Child care needs.

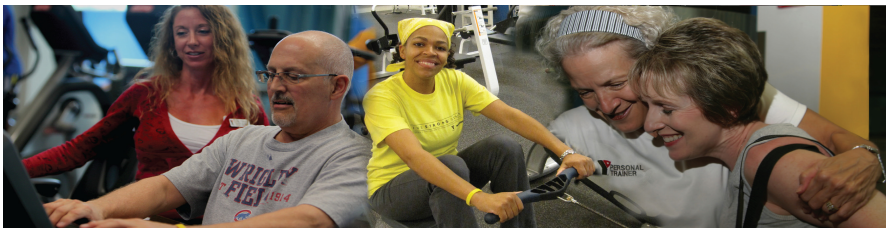


PROGRAM GOALS

- Improve energy levels and self-esteem.
- Build muscle mass and strength.
- Increase flexibility and endurance.
- Improve functional ability to do everyday tasks.
- Reduce the severity of therapy side effects and prevent unwanted weight changes.
- Develop an ongoing physical fitness program so participants can continue to practice a healthy lifestyle, not only as part of recovery, but as a way of life.

INSTRUCTORS

Our instructors provide a supportive, safe environment for each class. Certified instructors and personal trainers have undergone specialized training in the elements of cancer, post-rehab exercise and nutrition, supportive cancer care.



CRITERIA FOR PARTICIPATION

- Strong personal desire. Patient needs to enroll in program, rather than a family member.
- Personally commit to attending most classes.
- Inform their physician of their plan to join the program.
- Give permission for Y Fitness staff to call physician or person giving treatment when necessary.
- Complete our screening forms and answer health questionnaire.
- This class is recommended for patients who are in treatment, have finished their cancer treatment recently or several years ago.



REGISTRATION & INFORMATION

If you would like more information or would like to participate in the LIVESTRONG Program at the Y, please contact our LIVESTRONG leaders at: 908-889-8880 x114 or **email:**

scognetti@fanwoodscotchplainsymca.org

Sheri Cognetti-Project Manager, Sr. Program Director.

Advanced registration required as class size is limited.

MEDICAL REFERRAL

Before participating in the LIVESTRONG at the Y program, please consult your physician to obtain a medical referral and medical waiver. As you begin the program we work with your medical provider to best meet your needs.

