

The Downtown Family Y, along with the LIVESTRONG Foundation, St. Alphonsus Regional Medical Center and St. Luke's Medical Center proudly offer Cancer Survivorship Programs designed to meet the needs of those whose lives have been affected by cancer.

*"I went to the cancer center for treatment, I came to LIVESTRONG at the Y to heal."*

-Program Participant



Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, 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.

For more information, visit [LIVESTRONG.org](http://LIVESTRONG.org)

**LIVESTRONG®**

### Healthy Living Branch

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[www.ymcatvidaho.org](http://www.ymcatvidaho.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RETURN TO WELLNESS

LIVESTRONG AT THE YMCA  
Cancer Survivorship Programs  
Downtown Family YMCA, Boise



## LIVESTRONG AT THE Y PROGRAM

LIVESTRONG at the Y is a FREE program tailored to fit the specific needs of cancer survivors who would like to improve their quality of life before, during and after treatment. We offer small group or individual sessions depending on each participant's level of conditioning. Our certified instructors and personal trainers have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

## PROGRAM GOALS

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Develop an ongoing physical fitness program, not only as part of recovery, but as a way of life.



## HEALTHY LIVING

It is the goal of the Downtown Y to support cancer survivors of all ages in their pursuit of health and well being by creating innovative programs such as **Cycling Sistas** (Women's cycling club) and the **Youth Cancer Activity Program**. Additionally, we offer several classes that meet the specific needs of cancer survivors such as Therapeutic Yoga and Fresh Start Aquatics. In addition to cancer survivorship, the Y provides a wide variety of programs designed to support all those who seek to live a healthy and fulfilling life.



## CRITERIA FOR PARTICIPATION

- Strong personal desire and a commitment to participate in the program.
- Inform your physician that you plan to join the program
- Give permission for LIVESTRONG staff to contact your physician or health care provider as needed.



## REGISTRATION & INFORMATION

If you would like more information about cancer survivorship at the Y, or would like to register for LIVESTRONG at the Y please email [LIVESTRONG@ymcatvidaho.org](mailto:LIVESTRONG@ymcatvidaho.org) or call Mary Biddle-Newberry at (208) 695-1591

*"I look forward a whole new life again"* ~ Program Participant

## Support LIVESTRONG at the Y

Thanks to generous donor contributions, the Downtown Family Y offers LIVESTRONG at the Y at no charge to participants. Your tax deductible donation to LIVESTRONG at the Y will help us continue to serve cancer survivors throughout our community

All gifts are greatly appreciated. To make a contribution, please call Mary Biddle-Newberry (208) 695-1591



