

## TAKING ACTION, CHANGING ODDS

At the Y, we believe in offering the gift of hope and healing to the people in our community who are experiencing or have experienced cancer.

**LIVESTRONG** at the YMCA allows cancer survivors the opportunity to come to the Y to heal. We provide a safe and caring environment. Cancer knows no boundaries, but we believe in the strength of community and that every survivor deserves unconditional support, a chance to belong and an opportunity to feel "normal" as they regain their strength.



## The Impact of LIVESTRONG at the YMCA

**34,500+** people served

**40** states

**460+** local branches

**2,500+** YMCA staff trained

## SUPPORT LIVESTRONG AT THE YMCA

The cost of the program is subsidized by the La Jolla YMCA and our generous donors. If you would like to donate please contact Jason Milosh at 858-535-2935 or [jmilosh@ymca.org](mailto:jmilosh@ymca.org)

**OUR MISSION:** The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARTNERS IN HEALING THE WHOLE PERSON

## LIVESTRONG at the YMCA

### LA JOLLA YMCA



**LA JOLLA YMCA**  
8355 Cliffridge Avenue  
La Jolla, CA 92037  
Phone: (858) 453-3483  
[lajolla.ymca.org](http://lajolla.ymca.org)

## PROGRAM OVERVIEW

LIVESTRONG at the YMCA is a free, 12-week program that meets twice a week that is designed to meet the needs of adults with cancer before, during and after treatment. It is a proven, evidence and research based program that empowers cancer survivors to take an active role in their own health by engaging in a strength and conditioning program at the La Jolla YMCA.

A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle. Focusing on health, rather than the disease, LIVESTRONG at the Y helps cancer survivors move beyond illness to reclaim wellness in spirit, mind and body.

Participants will be given a complimentary family membership during the 12 weeks. Family members or caregivers on the membership are encouraged to focus on their well-being through exercise or walking, etc., while the survivor attends class.



### 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 on ongoing physical fitness program, not only as part of recovery, but as a way of 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 at the YMCA to contact your physician or health care provider as needed

“This program made me aware of how weak I’d become during my illness. I am grateful that the regimen has shown gradual gains in strength and well-being. A heartfelt thank you.”

– Frank, LIVESTRONG participant



### REGISTRATION & INFORMATION

If you would like more information about cancer survivorship at the Y, or would like to register for LIVESTRONG at the YMCA, please contact:

Jen Foley LIVESTRONG Project Manager  
858-535-2934 or [jfoley@ymca.org](mailto:jfoley@ymca.org)

“Through this program I have found a part of the person I had hidden away during cancer treatment. It allowed me to feel ‘normal’ again! This is a very important program and I am blessed to be a part of it.”

– LIVESTRONG participant