



A TIME TO HEAL
CANCER FOUNDATION

CREATE YOUR BEST LIFE EVENT

STAYING STRONG AFTER CANCER

SATURDAY, DECEMBER 2, 2023
AT 10:00 AM (CT) VIA ZOOM

Have cancer treatments left you feeling physically weak? Are you ready to take the next step in your cancer recovery? Did you know that the YMCA has a FREE 12-week exercise program just for cancer survivors? The LIVESTRONG at the YMCA is proven to help improve your strength, flexibility and balance. You can learn more and ask all of your questions LIVE at this event with Amy Roux, LIVESTRONG Project Manager at the YMCA.

www.atimetohealfoundation.org

