ED MURPHY

I have found out there is more to being just a cancer survivor. Being involved in the LIVESTRONG® at the YMCA program has provided me with the motivation to address my physical and mental health. Sure recovering from surgery is tough, but getting your strength, endurance and mental health is a challenge. LIVESTRONG® has provided me with that outlet by participating in group activities and pushing my limits that I would have never done on my own. The program is demanding and have given me the opportunity to learn more about my self. The last month and a half has been a blessing and opportunity. I could not have asked for better instructors than Tyler and Tiphanie. I can’t believe I walked in here on a cane and now have so much more strength, but more importantly, friends and a more positive outlook.

Thank GOD for the YMCA and LIVESTRONG®.

If you would like to share your Y Story, take a card, complete it and return it to any YMCA staff member. You may have a chance to be in our My Y Story Spotlight!