OFFERING HOPE AND HEALING

THE PROBLEM:

For those with a cancer diagnosis, concentrated support is found during the treatment phase, with regular appointments and guidelines from medical professionals, as well as frequent relational interactions with peers facing similar obstacles. However, most find a gap in the instruction and encouragement needed to know the next steps following the treatment regimen for finding healing through physical activity, regaining strength and stamina, and discovering valuable camaraderie with others who have also experienced a similar cancer journey.

THE SOLUTION:

LIVESTRONG at the YMCA, a small-group program developed and established in partnership with the LIVESTRONG Foundation, assists those who are living with, through, or beyond cancer. LIVESTRONG at the YMCA provides a space for adult cancer survivors to strengthen spirit, mind, and body through personalized physical activity and group support. Recent research from the Yale Cancer Center and Dana-Farber/Harvard Cancer Institute confirmed that LIVESTRONG at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue.

PARTNER TO CHANGE THE ODDS

Donations are needed to ensure cancer survivors have access to the beneficial resources and support offered through this program. LIVESTRONG at the YMCA will be provided at no cost to the participants. The number of sessions hosted will be determined by funding sources.

You can offer Hope and Healing.

- $500: Covers most of the costs associated with 1 cancer survivor completing the 12-week program
- $250: Supplies 1 class of 10 participants with their designated LIVESTRONG apparel
- $50: Helps provide staffing support for 1 week of LIVESTRONG

Greater Kingsport Family YMCA * Annual Giving Campaign * 1840 Meadowview Pkwy * Kingsport, TN * 37660

Healing takes place where hope and health collide, and we are committed to helping cancer survivors reclaim health and well-being by offering this 12-week proven program at no cost to participants, along with a YMCA membership for the duration of their experience.

ymcakpt.org/give