



LIVESTRONG®

FOUNDATION

# HELPING YOU LIVE BETTER

LIVESTRONG® AT THE YMCA



LIVESTRONG at the YMCA is a 12-week, evidence based, physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The small group, research-based program offers, cancer survivors a safe, supportive environment to participate in physical and social activities.

### Burbank YMCA (Reading)

Begins January 24th, 2017

Mondays and Wednesdays 11:45am - 1pm

Contact: Joann Donnelly: [Donnelly@ymcaboston.org](mailto:Donnelly@ymcaboston.org)

Phone: (781) 944-9622

### Oak Square YMCA (Brighton)

Begins March 7th, 2017

Mondays and Thursdays 12:30pm-1:45pm

Contact Karina Teixeira: [KTeixeira@ymcaboston.org](mailto:KTeixeira@ymcaboston.org)

Phone: (617) 787-8664

### Charles River YMCA (Needham)

Begins March 2nd, 2017

Mondays & Thursdays 12:30pm - 1:30pm

Mondays & Wednesdays 6:00pm - 7:00pm

Contact Elizabeth Gregg: [EGregg@ymcaboston.org](mailto:EGregg@ymcaboston.org)

Phone: (781) 449-6646

### Parkway YMCA (West Roxbury)

Begins March 21st, 2017

Tuesdays and Thursdays 12:15pm - 1:30pm

Contact Allayne Sullivan: [ASullivan@ymcaboston.org](mailto:ASullivan@ymcaboston.org)

Phone: (857) 547-1365

### Huntington Ave YMCA

Begins February 21st, 2017

Tuesdays and Thursdays 11:00am - 12:15pm

Contact Chelsea Paoella: [CPaoella@ymcaboston.org](mailto:CPaoella@ymcaboston.org)

Phone: (617) 927-8074

### Waltham YMCA

Begins March 1st, 2017

Wednesdays & Fridays from 12:15pm - 1:30 pm.

Wednesdays & Fridays from 5:15pm-6:30pm

Contact Amanda Cleary: [ACleary@ymcaboston.org](mailto:ACleary@ymcaboston.org)

Phone: (781) 966-3624

### North Suburban YMCA (Woburn)

Begins March 1st, 2017

Wednesdays and Fridays 12pm - 1:15pm

Contact: Stephanie Hill: [SHill@ymcaboston.org](mailto:SHill@ymcaboston.org)

Phone: (781)-305-2913

### Wang YMCA of Chinatown

Begins March 2017

Days: TBD

Contact Liz Williams: [LWilliams@ymcaboston.org](mailto:LWilliams@ymcaboston.org)

Phone: (617) 426-2237 x 1404