



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 9, 2018

Tuesdays and Thursday 11:45am - 1pm

Contact Tricia Marfione: tmarfione@verizon.net

Phone: (781) 944-9622

Charles River YMCA (Needham)

Begins February 26, 2018

Mondays and Wednesdays 6:00pm – 7:00pm

Mondays and Thursday 12:30pm – 1:30pm

Contact Shelle Edge: SEdge@ymcaboston.org

Phone: (781) 465-2570

North Suburban YMCA (Woburn)

Begins March 7, 2018

Wednesdays and Fridays 12:00pm – 1:15pm

Contact: Stephanie Hill: SHill@ymcaboston.org

Phone: (781) 305-2913

East Boston YMCA

Start Date TBD

Contact: Bridgette Ridlon: BRidlon@ymcaboston.org

Phone: (617) 569-9622

Oak Square YMCA (Brighton)

Begins March 8, 2018

Tuesdays and Thursdays 12:30pm – 2:00pm

Contact Linda Asadoorian: LAsadoorian@ymcaboston.org

Phone: (617) 787-8653

Parkway YMCA (West Roxbury)

Begins March 27, 2018

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

Contact Allayne Sullivan: ASullivan@ymcaboston.org

Phone: (857) 547-1365

Waltham YMCA

Begins February 28, 2018

Wednesdays and Fridays 12:15pm – 1:30pm

Contact Amanda Cleary: ACleary@ymcaboston.org

Phone: (781) 966-3624