



LIVESTRONG
FOUNDATION

HELPING YOU LIVE BETTER

L I V E S T R O N G 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 September 10th 2019

Tuesdays and Thursdays 11:45am -1:00pm

Contact: Amy Fuentes: afuentes@ymcaboston.org

Phone: (781) 944-9622

North Suburban YMCA (Woburn)

Begins October 2nd 2019

Wednesdays and Fridays 12:00-1:15pm

Contact: Dave DuPriest: DDuPriest@ymcaboston.org

Phone: (781)-305-2913

Charles River YMCA (Needham)

Begins Fall 2019

Mondays and Thursdays 12:30-1:30pm

Mondays and Wednesdays 6:15-7:15pm

Contact Melissa Kameron: MKameron@ymcaboston.org

Phone: (781) 465-2570

Oak Square YMCA (Brighton)

Begins Fall 2019

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

Contact Linda Asadoorian LAsadoorian@ymcaboston.org

Phone: (617)-787-8653

Dorchester YMCA

Begins September 10th

Tuesdays and Thursdays Time TBD

Contact Steven Stubbs: SStubbs@ymcaboston.org

Phone: (617)-436-7750

Parkway YMCA (West Roxbury)

Begins September 17th 2019

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

Contact Allayne Sullivan: ASullivan@ymcaboston.org

Phone: (617) 323-3200

East Boston YMCA

Begins Fall 2019

Mondays and Wednesdays 11:30-12:45pm

Mondays and Wednesdays 5:30-6:45pm

Tuesdays and Thursdays 7:00-8:15pm

Contact Annamarie Wadiak: AWadiak@ymcaboston.org

Phone: 617-418-8325

Roxbury YMCA

Begins September 10th 2019

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

Contact: Adam Marks AMarks@ymcaboston.org

Phone: 617-318-1419

Huntington Ave YMCA

Begins September 4th 2019

Wednesdays and Fridays 10:30-11:45am

Contact Kristen Fennell: KFennell@ymcaboston.org

Phone: (617)-927-8074

Waltham YMCA

Begins September 4th 2019

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

Contact Denise Buckley: DBuckley@ymcaboston.org

Phone: (781) 966-3624

Wang YMCA of Chinatown

Begins September 10th 2019

Tuesdays and Thursdays 10:30-11:45am

Contact Janae Biggs: JBiggs@ymcaboston.org

Phone: 617-904-6163