



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 September 10, 2018

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

Contact Tricia Marfione:

tmarfione@verizon.net

Phone: (781) 944-9622

Dorchester YMCA

Begins TBD

Contact Steven Stubbs:

SStubbs@ymcaboston.org

Phone: (617) 436-7750 Ext. 1806

Charles River YMCA (Needham)

Begins September 10, 2018

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

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

Contact Shelle Edge:

SEdge@ymcaboston.org

Phone: (781) 465-2570

East Boston YMCA

Begins September 10, 2018

Tuesdays and Thursdays 7:00am - 8:15am

Mondays and Wednesdays 5:30pm - 6:45pm

Contact Stephanie Cook:

SCook@ymcaboston.org

Phone: (617) 418-8325

L I V E S T R O N G[®] AT THE YMCA

Huntington Avenue YMCA (Boston)

Begins TBD

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

Contact Kristen Fennell:

KFennell@ymcaboston.org

Phone: (617) 927-8074

North Suburban YMCA (Woburn)

Begins October 3, 2018

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

Contact David Du Priest:

DDuPriest@ymcaboston.org

Phone: (781) 935-3270 Ext. 2014

Oak Square YMCA (Brighton)

Begins September 11, 2018

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

Contact Linda Asadoorian:

LAsadoorian@ymcaboston.org

Phone: (617) 787-8653

Parkway Community YMCA (West Roxbury)

Begins September 18, 2018

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

Contact Allayne Sullivan:

Asullivan@ymcaboston.org

Phone: (857) 547-1365

Waltham YMCA

Begins September 5, 2018

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

Contact Amanda Cleary:

ACleary@ymcaboston.org

Phone: (781) 966-3624