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 7th 2020**
Tuesdays and Thursdays 11:45am - 1:00pm
Contact Lisa Comeau: lisa-comeau@comcast.net
Phone: (781) 944-9622

**Charles River YMCA (Needham)**
**Begins March 2020**
Mondays and Thursdays 12:30-1:30pm
Mondays and Wednesdays 6:15-7:15pm
Contact Melissa Kameras: MKameras@ymcaboston.org
Phone: (781) 465-2570

**East Boston YMCA**
**Begins Winter 2020**
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

**Huntington Ave YMCA**
**Begins February 24th 2020**
Mondays and Wednesdays 11:00-12:15am
Contact Kristen Fennell: KFennell@ymcaboston.org
Phone: (617)-927-8074

**North Suburban YMCA (Woburn)**
**Begins Winter 2020**
Wednesdays and Fridays 12:00-1:15pm
Contact: Dave DuPriest: DDuPriest@ymcaboston.org
Phone: (781)-305-2913

**Oak Square YMCA (Brighton)**
**Begins February 2020**
Tuesdays and Thursdays 12:30pm-1:45pm
Contact Leanne Eggimann: LEggimann@ymcaboston.org
Phone: (617)-787-8653

**Parkway YMCA (West Roxbury)**
**Begins March 2020**
Tuesdays and Thursdays 12:15pm - 1:30pm
Contact Allayne Sullivan: ASullivan@ymcaboston.org
Phone: (617) 323-3200

**Waltham YMCA**
**Begins Winter 2020**
Wednesdays & Fridays from 12:15pm - 1:30pm.
Contact Denise Buckley: DBuckley@ymcaboston.org
Phone: (781) 966-3623