



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

**North Suburban YMCA (Woburn)**

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

**Charles River YMCA (Needham)**

**Begins March 2020**  
Mondays and Thursdays 12:30-1:30pm  
Mondays and Wednesdays 6:15-7:15pm  
Contact Melissa Kameron: [MKameron@ymcaboston.org](mailto:MKameron@ymcaboston.org)  
Phone: (781) 465-2570

**Oak Square YMCA (Brighton)**

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

**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](mailto:AWadiak@ymcaboston.org)  
Phone: 617-418-8325

**Parkway YMCA (West Roxbury)**

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

**Huntington Ave YMCA**

**Begins February 24<sup>th</sup> 2020**  
Mondays and Wednesdays 11:00-12:15am  
Contact Kristen Fennell: [KFennell@ymcaboston.org](mailto:KFennell@ymcaboston.org)  
Phone: (617)-927-8074

**Waltham YMCA**

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