



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 2019

Tuesdays and Thursdays 11:45am - 1pm

Contact: Amy Fuentes: afuentes@ymcaboston.org

Phone: (781) 944-9622

Charles River YMCA (Needham)

Begins TBD

Days/Times TBD

Contact Shell Edge: SEdge@ymcaboston.org

Phone: (781) 465-2570

Dorchester YMCA

Begins March 2019

Days/Times TBD

Contact Steven Stubbs: SStubbs@ymcaboston.org

Phone: (617)-436-7750

Huntington Ave YMCA

Begins February 2019

Tuesdays and Thursdays 10:30-11:45am

Contact Kristen Fennell: KFennell@ymcaboston.org

Phone: (617)-927-8074

North Suburban YMCA (Woburn)

Begins TBD

Date/Time TBD

Contact: Dave DuPriest: DDuPriest@ymcaboston.org

Phone: (781)-305-2913

Oak Square YMCA (Brighton)

Begins February 2019

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

Contact Linda Asadoorian LAsadoorian@ymcaboston.org

Phone: (617) 787-8678

Parkway YMCA (West Roxbury)

Begins March 2019

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

Contact Allayne Sullivan: ASullivan@ymcaboston.org

Phone: (617) 323-3200

Waltham YMCA

Begins February/March 2019

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

Contact Denise Buckley: DBuckley@ymcaboston.org

Phone: (781) 966-3624

Wang YMCA of Chinatown

Begins January 2019

Tuesdays and Thursdays 10:30am-11:15am

Contact Janae Biggs: JBiggs@ymcaboston.org

Phone: (617) 426-2237 x 1404