

“My journey with the big “C” began in January 2011. I was diagnosed with breast cancer and came home to be with family during treatment. My sister’s children participated in the Y swim program and that’s how I found out about the LIVESTRONG program. This program is great in that I gained a perspective in “living” with cancer from a healthier view point and an emphasis that I’m not alone! I am grateful for the physical strengthening as well as for the emotional support.”

**Gloria Sheck, cancer survivor**

“The LIVESTRONG program has been one of the most positive experiences in my life. It has helped me emotionally endure a false tumor report, periodontal and oral surgery, coined eye problems and being able to support a sister with post-surgical complications. I can’t say enough about the effects of exercise and encouragement during these times of stress.”

**Jean Hinds, cancer survivor**



**LIVESTRONG®**



LIVESTRONG® AT THE YMCA



**HEALING  
THE WHOLE  
PERSON**



**LIVESTRONG®**

**YMCA OF MARQUETTE COUNTY**  
1420 Pine Street, Marquette, MI 49855  
906.227.9622  
Ymcamqt.org

January 16th - April 4th  
OR

May 8th - July 26th

**YMCA OF MARQUETTE COUNTY**  
ymcamqt.org



L I V E S T R O N G

## LIVESTRONG at the YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, an evidence-based physical activity and well-being program, designed to help adult cancer survivors achieve their holistic health goals.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals, such as:



Building muscle mass and strength



Increasing flexibility and endurance



Improving confidence and self-esteem

Additional goals include reducing the severity of side effects, managing unwanted weight changes, and improving energy levels. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping move beyond cancer-in spirit, mind and body.

## HOW TO GET STARTED

- Contact Jenna Zdunek at the YMCA of Marquette County
- A LIVESTRONG at the YMCA professional will conduct an interview to determine if the program will meet your needs.
- Need to receive medical clearance from your physician.
- Next class will run from January 16th - April 4th on Mondays and Wednesdays from 2:30pm - 4:00pm. Session five will begin on May 8th - July 26th with two classes choose; from either Tuesday and Thursday from 12:00pm - 1:15pm OR Tuesday and Thursday from 6:00pm - 7:15pm

## ONCE ENROLLED

- Survivors receive a FREE three-month membership to the participating Y.
- A LIVESTRONG at the YMCA professional will develop a plan based on the needs of the survivor that incorporates cardiovascular exercise, resistance training, balance and flexibility.
- Survivors will meet two times per week for 12 weeks to begin building a healthy lifestyle and to support one another.

If you would like to make a gift to the YMCA of Marquette County to support programs like LIVESTRONG at the YMCA, please contact Jenna Zdunek at 906.227.9622.



With the help of Y trainers, LIVESTRONG at the YMCA participants increase their flexibility and work on their balance.