PARTNERS IN HEALING THE WHOLE PERSON
LIVESTRONG® AT THE YMCA

- Evidence-based program for cancer survivors
- Ideal for those finished with treatment
- Meet participants where they are physically
- Goal – help participants find a new normal
PROGRAM DETAILS

• 3-month program
• Classes of up to 12 people meet 75 minutes twice per week
• Weight training and cardiovascular
  • Balance, flexibility, etc
  • Specialty classes
• Pre- and post- fitness assessment and a Promise 29 questionnaire
PARTICIPANT CRITERIA

• Inclusion criteria
  • Age >18 years of age
  • Diagnosis with any type of cancer
  • Medical clearance

• Exclusion Criteria
  • Not a cancer survivor
  • No medical clearance
COVERAGE

14 YMCA associations in 18 counties

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FUTURE OF THE PROGRAM

Program expansion

Formal referral pathways

Partnerships for sustainability
ADDITIONAL PROGRAMS

• Moving For Better Balance
• Blood Pressure Self-Monitoring
• YMCA’s Diabetes Prevention Program
• Enhance® Fitness
• Parkinson’s programming
• Healthy Weight & Your Child
• LiveWise (Pilot)

• Learn more about these programs at:
  • www.michiganymca.org
THANK YOU!

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