

# SUPPORT

## LIVESTRONG® at the YMCA

The YMCA of El Paso is able to offer the LIVESTRONG® at the YMCA program free of charge thanks to the generous contributions of our donors.

Please consider supporting this program so that we can offer it to many more cancer survivors in our community.

**Entire Session Sponsor**                      **\$3,000**

**One Participant Sponsor**                      **\$450**

**Program Supporter**                      **Any Amount**

### Payment Information

**Sponsor Amount \$** \_\_\_\_\_

\_\_\_\_\_ Check enclosed  
Payable to YMCA of El Paso

Mail your contribution to

YMCA of El Paso  
LIVESTRONG® at the YMCA  
810 Wyoming  
El Paso, TX 79902



**YMCA of El Paso**  
**810 Wyoming**  
**El Paso, TX 79902**



**LIVESTRONG®**

**FOUNDATION**



**Fred & Maria Loya Family YMCA**  
2044 Trawood  
El Paso, TX 79935  
915-590-9622

**Westside Family YMCA**  
7145 North Mesa  
El Paso, TX 79912  
915-584-9622

**Bowling Family YMCA**  
5509 Will Ruth  
El Paso, TX 79924  
915-755-9622

[www.elpasoymca.org](http://www.elpasoymca.org)  
[survivor@elpasoymca.org](mailto:survivor@elpasoymca.org)

LIVESTRONG® at  
the YMCA is funded  
in part by:



**RIO GRANDE**  
**CANCER**  
**FOUNDATION**



LIVESTRONG®

FOUNDATION

The YMCA and the LIVESTRONG® Foundation have joined together to create LIVESTRONG® at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their holistic goals.

This researched based program offers people affected by cancer a safe and supportive environment to participate in physical and social activities focused on strengthening the whole person.

Y staff, trained in supportive cancer care, work with participants to achieve their goals: building muscle mass and strength, increasing flexibility and endurance and improving confidence and self-esteem.

In addition to physical benefits, the LIVESTRONG® at the YMCA program focuses on the emotional well-being of survivors and their families by providing a supportive community whereby people impacted by cancer can connect during treatment and beyond.

By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA helps people move beyond their cancer in spirit, mind and body.

Let LIVESTRONG® at the YMCA help you begin your healing process.



## ABOUT THE PROGRAM

LIVESTRONG® at the YMCA is a 12 week, small group series designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease.

The goal of the program is to help patients build muscle mass and strength, increase flexibility and endurance and ultimately improve overall functional ability.

The program will help participants reduce the severity of therapy side effects, prevent unwanted weight changes and improve energy levels and self-esteem.

In addition, participants will develop their own physical fitness program so they can continue to practice a healthy lifestyle.

Our program is about saying "goodbye" to being a patient and saying "hello" to being a healthy, whole person again. LIVESTRONG® at the YMCA participants can engage in several components of the program, including:

- **Group exercise classes** where ALL ability levels welcome
- **Individualized training** and exercise-development sessions
- **Social engagement activities**
- **Educational seminars** and guest speakers

## PARTNERS

The success of the LIVESTRONG® at the YMCA program depends upon the support of our friends and partners. We are looking for funding partners, referral partners and marketing partners. If you are interested in helping out please contact Randy Wastradowski at 915-584-9622.

Current funding partners include:



RIO GRANDE  
CANCER FOUNDATION

## PARTICIPATION CRITERIA

### STRONG PERSONAL DESIRE

Participant needs to enroll in LIVESTRONG® at the YMCA.

### PERSONAL COMMITMENT

Participant needs to commit to attend all classes and complete screening forms and health questionnaire.

### PHYSICIAN CONSENT

Participant needs to inform their doctor that they are planning to join the program.

### PERSONAL CONSENT

Participant needs to grant permission for the exercise instructor to call physician or care provider as necessary.



### COST

LIVESTRONG® at the YMCA is free and without cost to participants. Also included is a free 3-month YMCA of El Paso family membership.

The YMCA provides trained instructors, wellness facility and equipment for participants.

LIVESTRONG® at the YMCA is recommended for cancer survivors who have recently finished their cancer treatment but is open to all cancer survivors regardless of when they completed their treatment. Enrollment decisions are made on an individual basis.

### REGISTER

To participate in this program please contact the participating YMCA branches or email [survivor@elpasoymca.org](mailto:survivor@elpasoymca.org).



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