

## My Y Story

L I V E S T R O N G<sup>®</sup> AT THE YMCA

# SUPPORTING SURVIVORS

## OUR IMPACT IN ACTION

### Carrie Vacovsky

TRI COUNTY YMCA  
LIVESTRONG<sup>®</sup> GRADUATE

Livestrong was the kick I needed to get back to the active lifestyle I once cherished. Having cancer and all that comes with it caused a lot of setbacks that depressed me; then I found myself giving up.

Not only did Livestrong get me back into a routine of working out, but it also helped me get back to living the active lifestyle outside of the gym.

I also met the most terrific people ever!



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FOUNDATION