

My Y Story

L I V E S T R O N G[®] AT THE YMCA

SUPPORTING SURVIVORS

OUR IMPACT IN ACTION



Harry O'Daniels

WAUKESHA YMCA
LIVESTRONG[®] GRADUATE

LIVESTRONG at the YMCA provides caring individuals exercise equipment, and many programs that promote and allows survivors avenues of access. Furthermore, you are not alone. Other survivors are in the program and there is a strong sense of community. I could not imagine facing the challenges of this journey alone.

I have gained new purpose and confidence as a results of participating in this program. The purpose is to share the empowerment gained. **LIVESTRONG** at the YMCA paves the recovery road with kindness, faith, and encouragement lessening the impact of the bumps and hardships along the way. You will be challenged to and encourage to not limit yourself but to limit cancer. You can and will overcome and at the end of th road you will find a strong and healthier you.



L I V E S T R O N G[®]

FOUNDATION