

My Y Story

L I V E S T R O N G[®] AT THE YMCA

SUPPORTING SURVIVORS

OUR IMPACT IN ACTION

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LIVESTRONG[®] GRADUATE

The LIVESTRONG at the YMCA program gave me my life back. I can accomplish anything if I put my mind to it. Through the program, I am stronger than I was before my breast cancer diagnosis. I achieved my personal goals in the program.

In this program I met many wonderful women who could relate to what I'm going through or had gone through. This program was a time for me to be taken care of for 90 minutes—two days a week. We did lose some women due to health issues which continues to remind me how precious my life is and wanting to live as long as I can. I can only hope that many women take the chance with participating in the LIVESTRONG at the YMCA program. They won't regret it!



LIVESTRONG[®]

FOUNDATION