

My Y Story

L I V E S T R O N G[®] AT THE YMCA

SUPPORTING SURVIVORS

OUR IMPACT IN ACTION



Kristin

YMCA OF GREATER WAUKESHA COUNTY
LIVESTRONG[®] GRADUATE

I was diagnosed with Grade 3 Brain Cancer in August of 2019. I was 27 years old with a loving husband and a 10 month old daughter. Brain cancer took a lot of things away from me - my career as a police officer, my short-term memory, my physical strength and my dream of having more children. But there are things I wouldn't let cancer take away - my faith in God, my will-power, my future with my baby girl and my attitude that, while this was a setback, cancer would not define me. I found **LIVESTRONG** while looking for ways cancer survivors can start to get their physical strength back. **LIVESTRONG** specifically catered to

cancer survivors and had trainers who would guide me along the way. **LIVESTRONG** has given me a community of people who I don't have to explain what I'm going through without the awkward "so I have brain cancer" and the stunned silence that normally follows. Not only am I seeing my own strength return, I see my group members getting stronger too. It inspires and motivates me even more because it is not just about me - it's about US. Us and the millions of cancer survivors who refuse to let cancer consume them.



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FOUNDATION

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