

My Y Story

L I V E S T R O N G[®] AT THE YMCA

SUPPORTING SURVIVORS

OUR IMPACT IN ACTION

Laura Hofmann

WEST SUBURBAN YMCA
LIVESTRONG[®] GRADUATE

During my cancer treatment, I had been researching ways to prevent a reoccurrence. Everything kept saying diet, exercise and stress reduction. I had already started my lifestyle change when my OT told me about this program. It reinforced everything I was doing, plus the benefit of support from my team members and coach!

Guest speakers and instructors gave me more tools to continue my fight for health and life.

Honestly, I signed up for the free Y membership, but I came out with so much more. I will continue my membership after this program ends. The support of the Y has been invaluable!



L I V E S T R O N G[®]

FOUNDATION