August 14, 2023

[Potential Donor’s Name]

[Address]

[City, State Zip]

Dear [Potential Donor Name],

On behalf of [Branch] YMCA, we are excited to share an opportunity for you to make a lasting impact in the lives of the Cancer survivors in our community. We extend an invitation for you to play a pivotal role in this profound journey by contributing to our LIVESTRONG program with a donation of **$[XXXX]**.

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. LIVESTRONG at the YMCA is an initiative that encompasses physical activity and comprehensive wellness, all free of charge. Its core objective is to empower cancer survivors to reclaim their overall health. Over 12 weeks, participants gather for two weekly sessions spanning 75 minutes, with the guidance of Y's trained staff with their supportive cancer care to safely achieve their goals, such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

Medical studies have shown that appropriate physical activity levels can reduce fatigue, boost self-esteem, and improve muscle strength and physical endurance in individuals following cancer treatment. Cancer survivors are increasingly aware of the positive impact of moderate physical activity, supportive relationships, and stress reduction techniques on their quality of life. LIVESTRONG at the YMCA has helped thousands of survivors move beyond cancer in spirit, mind, and body.

By donating **$[XXXX]**, you become a cornerstone in maintaining the accessibility of LIVESTRONG at the YMCA for cancer survivors. Your unwavering commitment guarantees that this invaluable support remains available to them without any financial burden.

For more information, please visit our support page at [Support/YGWC.org](https://www.gwcymca.org/Support-the-Y/Donate).

We sincerely appreciate your consideration.

Together in service,

[Your Name]

[Your Title]

[Branch]

[Contact Information]