

My Y Story

L I V E S T R O N G[®] AT THE YMCA

PARTNERS IN HEALING THE WHOLE PERSON

Mary Jo Remus-Curran

SOUTHWEST YMCA
LIVESTRONG[®] GRADUATE

LIVESTRONG at the YMCA helped me get back into an exercise mode after cancer and all the treatments zapped my energy.

I've also made new friends and feel very supported. You can never have too many friends!

I have gained additional strength and flexibility, which helps get me through all of my long days without a minimum of fatigue.

Age is just a number, but I am 70 years old, and greatly appreciate this opportunity to feel better!



L I V E S T R O N G[®]

FOUNDATION