



LIVESTRONG®

FOUNDATION



PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is a twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their “new normal”. The program is conducted outside of medical facilities to emphasize that LIVESTRONG® at the YMCA is about health, not disease.

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life. **In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.**

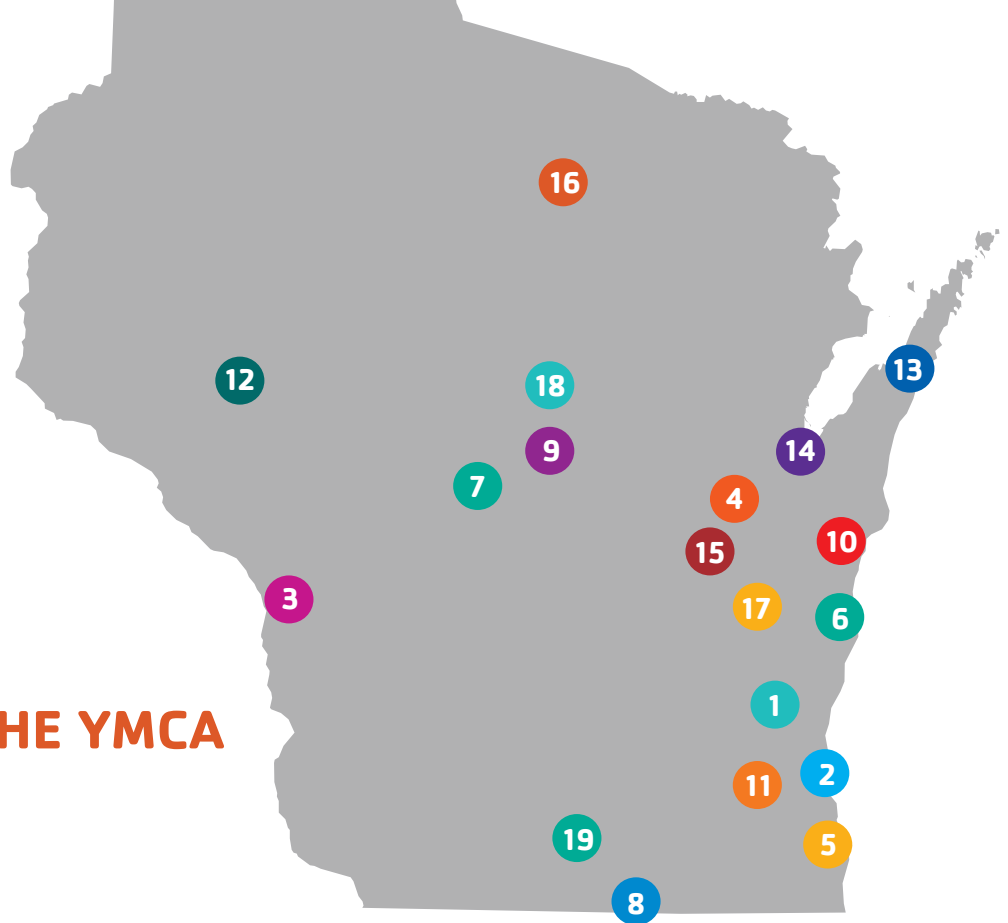
LIVESTRONG® at the YMCA instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.

Since 2007, the LIVESTRONG® Foundation has been the YMCA’s partner in developing and delivering LIVESTRONG® at the YMCA. Together they are helping people move beyond cancer in spirit, mind and body!

To learn more about LIVESTRONG® at the YMCA and find the nearest Y to you offering the program, see other side.



LIVESTRONG® AT THE YMCA Wisconsin Providers



1 Kettle Moraine YMCA

Serving Washington and Ozaukee Counties
Carrie Felix
cfelix@kmyymca.org

2 YMCA of Metro Milwaukee

Serving Milwaukee County
Carley Hoelzel
choelzel@ymcamke.org

3 La Crosse Area Family YMCA

Serving La Crosse County and La Crescent, MN
Denise Malone
dmalone@laxymca.org

4 YMCA of the Fox Cities

Serving Outagamie, Calumet and Winnebago Counties
Linda VanEgeren
lvanegeren@ymcafoxcities.org

5 Racine Family YMCA

Serving Racine County
Lyn Boehm
lboehm@ymcaracine.org

6 Sheboygan County YMCA

Serving Sheboygan County
Denice Nugent
dnugent@sheboygancountyyymca.org

7 South Wood County YMCA

Serving Wood County - Port Edwards
Erin Hess
Hess@swcymca.org

8 Stateline Family YMCA

Serving Southern Rock (WI) and Winnebago (IL) Counties
Ashley Hoverson
ahoverson@statelineymca.org

9 Stevens Point Area YMCA

Serving Portage County
Joe Seubert
jseubert@spymca.org
715-342-2980 ext. 311

10 Manitowoc-Two Rivers YMCA

Serving Manitowoc County
Mary Kay Johns
livestrong@mtrymca.org

11 YMCA of Greater Waukesha County

Serving Waukesha County
Hanna Misiak
hmisiak@gwcyymca.org

12 YMCA of Eau Claire

Serving Eau Claire, Chippewa and Dunn Counties
Sarah Wood
sarah.wood@eauclaireymca.org

13 Door County YMCA

Serving Door County - Sturgeon Bay
Christine Webb-Miller
cwebb-miller@doorcountyyymca.org

14 Greater Green Bay YMCA, Inc.

Serving Brown County
Michelle Pierquet
michelle.pierquet@greenbayymca.org

15 Oshkosh Community YMCA

Serving Winnebago County - Oshkosh
Dan Braun
danbraun@oshkoshymca.org

16 YMCA of the Northwoods

Serving Oneida County - Rhinelander
Marilyn Duschl
mduschl@ymcanw.org

17 Fond Du Lac Family YMCA

Serving Fond Du Lac County
J.J. Raflik
jraflik@fdlyymca.org

18 YMCA of Dane County

Serving Dane County
Sharon Baldwin
sharon.baldwin@ymcadanecounty.com

19 Wausau-Woodson YMCA

Serving Marathon County
Shannon Wagman
swagman@woodsonymca.com

Find a location within Wisconsin that works best for you and LIVESTRONG® at the YMCA will be there for you every step of the way!