

## Living Strong, Living Well

### Sequoia YMCA

1445 Hudson St, Redwood City  
8/4 – 10/27/08, M & W 2:30 – 3:45

### El Camino YMCA

2400 Grant Rd, Mountain View  
8/11 – 11/3/08, M & W 11:30 – 12:45

### Southwest YMCA

13500 Quito Rd, Saratoga  
8/11 – 11/3/08, M & W 12:30 – 1:45

### Peninsula Family YMCA

1877 South Grant St, San Mateo  
8/12 – 11/4/08, Tu & Th 10:45 – 12:00

### South Valley YMCA

5632 Santa Teresa Blvd, San Jose  
8/18 – 11/10/08, M & W 1:00-2:15pm

### Northwest YMCA

20803 Alves Dr, Cupertino  
8/18 – 11/10/08, M & W 4:00 – 5:15

### Palo Alto Family YMCA

3412 Ross Rd, Palo Alto  
8/18 – 11/10/08, M & W 11:30 – 12:45

### Central YMCA

1717 The Alameda, San Jose  
9/15 – 2/3/08, M & W 1:00 – 2:15

### East Valley YMCA

1975 South White Rd, San Jose  
9/16 – 12/9/08, Tu & Th 11:00 – 12:15

### Page Mill YMCA

755 Page Mill Rd. Bldg B, Palo Alto  
9/16 – 12/9, Tu & Th 3:00 – 4:15  
9/22 – 12/15/08, M & W 6:30 – 7:45pm

New groups starting every 12 weeks.

Coming soon... **East Palo Alto Family YMCA**  
Call 650-725-5014 if interested



Living Strong, Living Well Program  
Stanford Prevention Research Center  
Health Improvement Program, Hoover Pavilion  
211 Quarry Rd. N049  
Stanford, CA 94305-5705  
Website <http://slw.stanford.edu>

# A Strength/Fitness Program for Cancer Patients/Survivors

## Living Strong Living Well™



Sponsored by  
The Health Improvement Program  
of the Stanford Prevention Research Center  
(SPRC)  
in association with the YMCA  
visit our website at <http://slw.stanford.edu>

**Living Strong, Living Well™** is a 12-week small group program designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. Our goal is to help patients 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 as a way of life.



### To Register\*

Contact Joyce Hanna, MA, MS.  
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<http://lslw.stanford.edu>  
[joycehanna@stanford.edu](mailto:joycehanna@stanford.edu)

\*Advanced registration required.  
Class size limited

### Program Goal

To empower adult cancer patients to improve functional capacity and to increase their quality of life through an organized program of fitness and strength.

### Instructors

Certified fitness instructors trained by Stanford and the YMCA give personal individualized instruction to the participants. The instructors are trained in the elements of cancer, post rehab exercise, nutrition, and supportive cancer care.

### Cost

The program consists of one 12-week session that meets 2x/week for 75 minutes. **The program is without cost to participants.** The YMCA provides the trained instructors, the facility, and the equipment.

### YMCA Locations

For YMCA addresses and directions go to <http://lslw.stanford.edu> and click on Upcoming Programs.



### Criteria for Participation

- \* Strong personal desire – patient needs to enroll in the program (rather than a family member)
- \* Personally commit to attending all classes
- \* Inform their physician of their plan to join the program
- \* Give permission for exercise specialist to call physician or person giving treatment when necessary
- \* Complete our screening forms and answer health questionnaire
- \* This class is recommended for patients who have recently finished their cancer treatment. The enrollment decision will be made on an individual basis.



*Supported by  
Greater Bay Bancorp Foundation,  
Active Living Institute,  
and individual donations*