



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# LIVING STRONG LIVING WELL™

**Enhancing Spirit, Mind and Body  
 for Cancer Survivors – Winter 2019  
 YMCA OF SILICON VALLEY**



**In partnership with Stanford Health Improvement Program  
[Islw.stanford.edu](http://Islw.stanford.edu)**

## Living Strong Living Well™ Locations/Dates

**For dates, times, and to register visit: [Islw.stanford.edu](http://Islw.stanford.edu)  
 Group size is limited. Advance registration is required.**

- Central YMCA** 1717 The Alameda, San Jose 408-298-1717  
 January 15 – April 4, 2019, Tuesdays & Thursdays, 1:00-2:15 pm
- East Valley Family YMCA** 1975 South White Rd, San Jose 408-715-6500  
 January 15 – April 4, 2019, Tuesdays & Thursdays, 10:00-11:15 am
- El Camino YMCA** 2400 Grant Rd, Mountain View 650-969-9622  
 January 28 – April 22, 2019, Mondays & Wednesdays, 1:30-2:45 pm
- Lewis & Joan Platt East Palo Alto Family YMCA**  
 550 Bell St, East Palo Alto 650-328-9622  
 January 22 – April 11, 2019, Tuesdays & Thursdays, 11:00 am-12:15 pm
- Northwest YMCA** 20803 Alves Dr, Cupertino 408-257-7160  
 January 23 – April 17, 2019, Mondays & Wednesdays, 4:00-5:15 pm
- Palo Alto Family YMCA** 3412 Ross Rd, Palo Alto 650-856-9622  
 January 15 – April 4, 2019, Tuesdays & Thursdays, 2:30-3:45 pm
- Peninsula Family YMCA** 1877 South Grant St, San Mateo 650-286-9622  
 January 15 – April 4, 2019, Tuesdays & Thursdays, 11:30 am-12:45 pm  
 January 28 – April 22, 2019, Mondays & Thursdays, 6:00-7:15 pm
- Sequoia YMCA** 1445 Hudson St, Redwood City 650-368-4168  
 January 9 – April 8, 2019, Mondays & Wednesdays, 1:45-3:00 pm
- South Valley Family YMCA** 5632 Santa Teresa Blvd, San Jose 408-226-9622  
 January 10 – April 2, 2019, Tuesdays & Thursdays, 11:30 am-12:45 pm  
 January 23 – April 17, 2019, Mondays & Wednesdays, 1:00-2:15 pm
- Southwest YMCA** 13500 Quito Rd, Saratoga 408-370-1877  
 January 14 – April 10, 2019, Mondays & Wednesdays, 2:30-3:45 pm

Living Strong Living Well classes are also available at additional YMCA of San Francisco locations.  
 Contact Emily Turpin at 415-281-6702 or [eturpin@ymcasf.org](mailto:eturpin@ymcasf.org) for more information.

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### TO REGISTER:

1. Visit our website: [Islw.stanford.edu](http://Islw.stanford.edu)
2. Choose the most convenient location, dates and times
3. Click on the red "Register" button near the bottom of the home page.

**Joyce Hanna, Director**  
 Living Strong Living Well™  
 Health Improvement Program  
 Stanford Prevention Research Center

# Living Strong Living Well™

At the Y, we believe that healthy living habits dramatically improve the quality of life for individuals and families. We're here to teach, encourage and support healthy lifestyles.

## Program Description

**Living Strong Living Well™** is a 12-week, small-group strength and fitness program for adult cancer survivors who have recently become de-conditioned or chronically fatigued from treatment or disease. In our small group setting, you'll regain energy, strength and stamina while building muscle mass, increasing flexibility and endurance, and improving your quality of life.

The program meets twice a week for 75 minutes each session and is offered to you at no cost, thanks to support from generous donors, the Stanford Health Improvement Program, and the Y. You'll receive YMCA membership while you're enrolled in **Living Strong Living Well™**, giving you full access to the Y facility where you are registered. We welcome you to join the Y as a facility member after the program ends with no joining fee.

## Giving You the Support You Need

We know the effects of cancer treatment, the techniques of post-rehab exercise, and the support and motivating care you need to transition to greater wellness.

In **Living Strong Living Well™** you'll experience a supportive environment of new friends with similar experiences. In a small group setting, our certified, caring staff will give you personalized attention to meet your functioning ability.

We'll guide you at your own pace through a physical fitness program to nurture your total health of spirit, mind and body, helping you:

- Reduce the severity of your side effects
- Address unwanted weight changes
- Increase your energy and confidence
- Plan your continued activity after the program ends



## Help Us Impact Lives

Supported by the Stanford Health Improvement Program and the Y, **Living Strong Living Well™** relies on generous donations from individuals and organizations to offer services at no cost to participants. Consider making a donation through our Annual Giving Campaign to help cancer survivors regain energy, strength and stamina. When you give to **Living Strong Living Well™**, 100% of your gift goes toward making a meaningful, enduring impact right in your own community. To make a donation, go to [ymcasv.org](http://ymcasv.org) or [lslw.stanford.edu](http://lslw.stanford.edu)

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When I finished chemo, I had no energy, muscle tone, strength or stamina and a decrease in coordination and memory. I started Living Strong Living Well and began walking and then lifting minimal weights. I felt better physically, and my memory improved. Now I exercise regularly. The staff understood my limitations and encouraged me along the way. ”

— Mary Grace