



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVING STRONG LIVING WELL™

Enhancing Spirit, Mind and Body
for Cancer Survivors – Winter 2018
YMCA OF SILICON VALLEY



In partnership with Stanford Health Improvement Program
lslw.stanford.edu

Living Strong Living Well™ Locations/Dates

For dates, times, and to register visit: lslw.stanford.edu
Group size is limited. Advance registration is required.

Central YMCA

1717 The Alameda, San Jose
408-298-1717
1/23–4/12/18, T & Th 1:00–2:15pm

East Valley Family YMCA

1975 South White Rd., San Jose
408-715-6500
1/23–4/12/18, T & Th 10:00–11:15am

El Camino YMCA

2400 Grant Rd., Mountain View
650-969-9622
1/22–4/16/18, M & W 1:30–2:45pm

Lewis and Joan Platt

East Palo Alto Family YMCA
550 Bell St., East Palo Alto
650-328-9622
1/30–4/19/18, T & Th 11:00am–12:15pm

Northwest YMCA

20803 Alves Dr., Cupertino
408-257-7160
1/29–4/23/18, M & W 4:00–5:15pm

Palo Alto Family YMCA

3412 Ross Rd., Palo Alto
650-856-9622
1/25–4/17/18, T & Th 2:30–3:45pm

Peninsula Family YMCA

1877 South Grant St., San Mateo
650-286-9622
1/16–4/5/18, T & Th 11:30am–12:45pm
1/29–4/23/18, M & Th 6:00–7:15pm

Sequoia YMCA

1445 Hudson St., Redwood City
650-368-4168
1/24–4/18/18, M & W 1:45–3:00pm

South Valley Family YMCA

5632 Santa Teresa Blvd., San Jose
408-226-9622
1/11–4/3/18, T & Th 11:30–12:45pm
1/29–4/23/18, M & W 1:00–2:15pm

Southwest YMCA

13500 Quito Rd., Saratoga
408-370-1877
1/24–4/18/18, M & W 2:30–3:45pm

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 for more information on locations/sessions.

Joyce Hanna, Director

Living Strong Living Well™
Health Improvement Program
Stanford Prevention Research Center

To Register:

1. Visit our website: lslw.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.



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 or slw.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