



Strength for Survivors

Exercise & Wellness Program for Cancer Survivors



- **FREE** 6 Week Program
- Meets Twice a Week for 60 Minutes
- **FREE** 2 Month YMCA Membership

FOCUS of the Program

- Cardiovascular endurance
- Increase flexibility
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass & strength
- Confidence, self-esteem & emotional well-being
- Develop an on-going physical fitness program, not only as part of recovery, but as a way of life.

CRITERIA for Participation

- Strong personal desire and a commitment to participate in the program
- Commit to attending 80% of the classes
- Inform your physician that you plan to join the program
- Receive medical clearance if you are currently undergoing treatment.
- Referral from a physician that releases them to participate in physical activity

Wednesday & Friday
9:00 - 10:00 a.m.

Tuesday & Thursday
6:30 - 7:30 p.m.

More information or to Register Contact: Johanna Voss, Membership & Wellness Director
217.222.9622 Ext. 207 or johannaV@quincyyymca.net



PARTICIPANT INTEREST FORM

CONTACT INFORMATION	PROGRAM INFORMATION
Name:	Date of Diagnosis:
Address:	Surgery/Treatment:
City/State/Zip:	Other health issues:
Learned about the program from:	Availability (Days/Evenings)
e-mail address:	Date of Inquiry:
Contact Information: Cell: Home: Work:	

Email Interest Form to:
 Johanna Voss
 Quincy Family YMCA
johannaV@quincyyymca.net

For Staff use:

Additional Follow-up Needed by Wellness Director (be specific): _____
