

LIVESTRONG

AT THE YMCA



**LIVESTRONG IS A FREE 12-WEEK PROGRAM
DESIGNED FOR ADULT CANCER SURVIVORS.**

This small group program fulfills the important need of supporting cancer survivors in our community. Survivors will work with Y staff, trained in supportive cancer care, to safely achieve their goals such as:

- » Building Strength;
- » Increasing Flexibility and Endurance;
- » Improving Confidence and Self-Esteem.

By focusing on the whole person and not the disease, **LIVESTRONG at the YMCA** is helping people move beyond cancer in spirit, mind and body.

QUESTIONS

Contact Program Director Jennifer Ballew at 803.268.9622 or jenniferballew@columbiaymca.org.



CLASS INFORMATION

Where:

Orangeburg County YMCA
2550 St. Matthews Road
Orangeburg, SC 29118

Start Date: Sept. 14, 2026

Days: Monday/Wednesday

Time: 4:30 - 6:00 PM



**SCAN THE
QR CODE TO
LEARN MORE!**

YMCA OF COLUMBIA

For a better us.