



LIVESTRONG®

FOUNDATION

LET'S WORK IT OUT! GET MOVING WITH LIVESTRONG!

A Free Exercise Program for Adult Cancer Survivors

WE ARE BETTER TOGETHER!

Hosted by the YMCA at the Piscataway Community Center and Rutgers Cancer Institute of New Jersey, The LIVESTRONG® program is a FREE 12-week program that promotes health and wellness among adult cancer survivors 18 years of age and older. It is designed to help build strength, increase physical activity and improve emotional well-being in a supportive peer community.

A HEALTHIER YOU!

- Boost Your Strength
- Decrease Treatment-Related Side Effects
- Reclaim Your Energy
- Speak to your local YMCA for possible membership opportunities during the 12 weeks of the virtual program.

LOCATIONS - In-Person & Virtual

Participants can choose to attend in-person exercise sessions at the YMCA or virtual exercise sessions live via Zoom.

**Class will begin Spring 2022
Assessments will begin Feb 22, 2022.**

**The group will meet twice per week:
Tuesdays & Thursday 12:00pm -1:00 pm**

JOIN TODAY!

Requirements to Join:

- Adult cancer survivor
- A signed consent form
- An in-person assessment at the beginning and end are required
- Medical clearance form from a physician

**Contact Program Coordinator,
Ashley Purper for more information at:
ashley.purper@rutgers.edu**



Scan with your mobile device for our program Interest form!
Or visit:
<https://go.rutgers.edu/jt7ys05h>



LIVESTRONG TODAY FOR A HEALTHIER TOMORROW!