

Strength to Survive

A 12 week small group exercise program for adult cancer survivors



- **Restore strength and increase muscle mass and lean body tissue**
- **Increase flexibility and endurance**
- **Reduce severity of cancer side effects**
- **Improve energy levels and self-esteem**
- **Develop physical fitness regime that you can continue on your own at the completion of the program**

**Tuesdays and Thursdays 9:00—10:00 a.m.
Kennebec Valley YMCA 31 Union St. Augusta**

Winter 2012 Session: January 3 thru March 22

Spring 2012 Session: March 27 thru June 14

Fee: \$50.00 per participant with full use of YMCA on class days during program. Companion pass available for \$25.00.
Class is limited to 10 participants.

To register or for more information, please call 626-4857 or e-mail donna.walsh@mainegeneral.org.