



LIVESTRONG[®]
AT THE YMCA

Dear community partner:

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG[®] Foundation have joined together to create LIVESTRONG[®] at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Recently our Y was selected by Y-USA to offer the LIVESTRONG at the YMCA program. With great honor and privilege, the Berkshire Family YMCA understands the tremendous responsibility and importance of supporting cancer survivors - our neighbors, family members and friends - along their journey to healthier well-being, quality of life, and social connections – all at no cost to the participant. However, we can't do it alone.

What is the LIVESTRONG at the YMCA program?

Through a 12-week program at no cost to the participant, cancer survivors work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and 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.



MILES that Matter

5K, 10K, and 1-Mile Walk

July 21, 2018
Adams Visitor Center
Family-Friendly

Followed by an "After the Race Party"

This year, proceeds from **MILES that Matter** supports LIVESTRONG at the YMCA at both Berkshire Family YMCA branches. With our first program launching in Pittsfield August - December, will you help us reach our goal of \$7,500 to kick start this program? We've enclosed the sponsor tiers and event flyer.

Best regards,

MILES that Matter Committee

The Y: We're for Youth Development, Healthy Living, and Social Responsibility.

BERKSHIRE FAMILY YMCA: www.bfymca.org

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