



LIVESTRONG®

FOUNDATION

IMPROVING THE LIVES OF
PEOPLE AFFECTED BY CANCER.

YOU ARE INVITED...

OPEN HOUSE

For LIVESTRONG® at the YMCA Alumni and anyone interested in knowing more about the program.

Wednesday, September 5

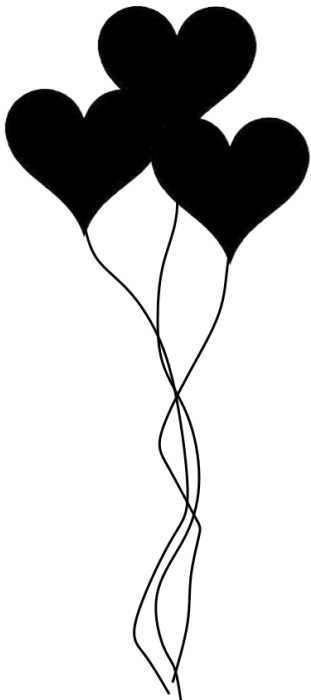
5:30 - 7:00 pm

Altru Family YMCA

215 N 7th Street, Downtown Grand Forks

Healthy snacks, water and coffee will be available.

Reconnect with your friends and learn more about how LIVESTRONG at the YMCA can help you or someone you love!



LIVESTRONG at the YMCA is a free physical activity and well-being program for cancer survivors. A partnership between the LIVESTRONG Foundation and YMCA of the USA, this program is designed to help cancer survivors at any stage become stronger physically and emotionally. While we work on balance, strength, flexibility, endurance and cardiovascular fitness, we also focus on the emotional and mental well-being of our participants. A session runs 12 weeks, 2X per week and includes a YMCA access pass. A caregiver or friend may attend with the participant.

You and your loved ones are not alone. There is help.

For details, contact Patti McEnroe: (701) 775-2586 / www.gfymca.org