



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Michael

If it wasn't for you guys and **LIVESTRONG** at the YMCA, I would be a hermit. I would sit at home alone all day in my own sorrow, thinking of how I had cancer. Now, I come to the YMCA almost every day, even when we don't meet as a group. I am so thankful to have been connected with such wonderful people that are helping me become happier and healthier!

Although we were all at different stages of our recovery, and we all had different goals, we were able to celebrate each other's accomplishments, no matter how big or small they were..., whether it was a new bench-press record, or just being able to walk up the stairs without stopping.

You know, there is a fear factor when you find out you have cancer. You don't want to admit that you have it. You feel ostracized. But you have to get out. And, when I come here, I feel welcomed. I think **LIVESTRONG** at the YMCA is a lifesaver.

Now I volunteer at the YMCA for the opportunity – actually it's more of a unique responsibility – to wake up each morning and help people in their quest to live healthier, more fulfilling lives.

