



"Surround yourself with only people who are going to lift you higher."  
- Oprah

# SURVIVORS THRIVE

## Geneva YMCA Thrive to Survive Cancer Recovery Fitness Program

This **FREE 10 week exercise and group support program** focuses on improving survivor's physical strength and endurance and empowering them to maintain a healthy, active life. Participants will be introduced to strength training, aerobic, and flexibility training at a gradual pace as they work with our trained and certified Cancer Recovery Specialists throughout the program.

Participants, along with nine other survivors in a small group setting, will focus on building muscle mass and strength, increasing flexibility and endurance, and improving energy levels and self-esteem.

In addition to physical benefits, the program also focuses on the emotional well-being of survivors and their families. It provides a supportive community where people impacted by cancer can connect during treatment and beyond.

For more information contact **Wellness Director**  
Laura Snook at the  
Geneva Family YMCA  
399 William St.  
Geneva, NY 14456  
315-789-1616  
[www.genevafamilyymca.org](http://www.genevafamilyymca.org)

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*to beat the odds, one with great courage and strength, a true inspiration*



### Session Dates:

August 3<sup>rd</sup> – October 5<sup>th</sup>

### Session Days & Times:

Thursdays  
4:00pm – 5:00pm

### Cancer & Exercise...

A growing body of research, including studies by the National Cancer Institute, confirms that exercise offers tremendous benefits to cancer patients. Physical activity may reduce the risk of cancer recurrence and increase survivorship.

Exercise can help cancer survivors:

- Reduce fatigue
- Improve muscle strength
- Improve energy levels
- Improve balance
- Increase flexibility and endurance
- Enhance confidence and self-esteem
- Improve mood and overall well-being