



# Geneva YMCA Thrive to Survive Cancer Recovery Fitness Program

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.

- 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

A word cloud of positive adjectives centered around the word 'Happy'. The word 'Happy' is the largest and most prominent in the center. Other large words include 'Stronger', 'Unstoppable', 'Thriving', 'Valiant', 'Warrior', 'Transformed', 'Understanding', 'Zen', 'Winner', 'Resilient', 'Humble', 'Hopeful', 'Healthy', 'Grateful', 'Joyful', 'Changed', 'Cancer-free', 'Fighter', 'Miracle', 'Lucky', 'Loved', 'Healing', 'Brave', 'Fortune', 'Finished', 'Believer', 'Alive', 'Blessed', 'Exhausted', 'Determined', 'Courageous', and 'Director'. The words are in various colors and orientations, creating a vibrant and uplifting visual.