



**T**ogether we  
**L**ive with  
**C**ancer!



## **Survivorship Session:**

# Learn About at the YMCA!

Guest Speaker Carrie Green of the Sheboygan YMCA

**Tuesday, February 20<sup>th</sup> at 6PM!**

*Carrie Green will explain the LIVESTRONG at the Sheboygan YMCA Program! LIVESTRONG is a FREE physical activity and wellness program designed to help adult cancer survivors achieve their health goals. Cancer patients know the tremendous toll the disease and its treatment can take on your spirit, mind and body. LIVESTRONG is an effective way for you to heal and reclaim your health. LIVESTRONG instructors have undergone specialized training in the elements of cancer, post rehabilitative exercises and supportive cancer care!*

**Light Refreshments provided. Feel free to bring a dish to pass.**

**FREE!! RSVP Always Appreciated!!**

**LOCATION:**

Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists  
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room  
● Call 920-458-7433 (Ask for Tim) for more information! ●