



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Women's Health Corner

YMCA has a partnership in the Women's Health Network/ Family Health Center whose purpose is to decrease cancer diagnosis, sickness and death by providing a comprehensive program of outreach, screening and follow-up care.

Women's Health Network strives to increase screening rates in prioritized populations- Black/Brown Indigenous, / vulnerable populations for women who have a higher incidence/death rate from breast/cervical cancer. Early screenings/ detection has been shown to lead to more positive outcomes/ easier treatment plans and greater rates of survival. The Women's Health Network aims to ensure every woman in our Worcester County community has access to breast/cervical cancer screening.

### **CANCER SUPPORT PROGRAM:**

**The LIVESTRONG CANCER®** program is a FREE 12 week small group program designed for adult cancer survivors wanting to regain health as they become de-conditioned or chronically fatigued from treatment and/or disease.

- 12 week membership for survivor and families
- Two 75 minutes classes per week
- Full access to the YMCA seven days per week.

### **INSTRUCTORS:**

Our certified instructors provide a supportive safe environment for each class. Our instructors and personal trainers have undergone specialized training in the areas of cancer, post-rehab exercise, nutrition, and supportive cancer care.

### **REGISTRATION & INFO**

If you would like more information or would like to participate in the **WOMEN'S HEALTH NETWORK** or **LIVESTRONG** at the YMCA please contact: **Community Wellness Coordinator (508) 755-6101 ext.1252**