A STRENGTH & FITNESS PROGRAM
FOR CANCER PATIENTS AND SURVIVORS

Central YMCA
1717 The Alameda, San Jose
9/9 – 12/2/14, T & Th 1:00-2:15 PM

East Valley YMCA
1974 South White Rd, San Jose
8/21 – 11/11/14, T & Th, 10:00-11:15 AM

El Camino YMCA
2400 Grant Rd, Mountain View
8/12 – 10/30/14, T & Th 10:00-11:15 AM
9/3 – 11/24/14, M & W 1:15-2:30 PM

Lewis & Joan Platt
East Palo Alto Family YMCA
550 Bell St, East Palo Alto
9/8 – 12/9/14, M & W 5:15-6:30 PM

Northwest YMCA
20803 Alves Dr, Cupertino
8/25 – 11/17/14, M & W 4:00-5:15 PM

Page Mill YMCA
765 Page Mill Rd, Bldg. B, Palo Alto
9/15 – 12/3/14, M & W 3:00-4:15 PM
9/9 – 12/2/14, T & Th 5:30-6:45 PM

Palo Alto Family YMCA
3412 Ross Rd, Palo Alto
8/19 – 11/6/14, T & Th 12:30-1:45 PM

Peninsula Family YMCA
1877 South Grant St, San Mateo
8/26 – 11/13/14, T & Th 11:30-12:45 PM

Sequoia YMCA
1445 Hudson St, Redwood City
8/20 – 11/12/14, M & W 2:00-3:15 PM

South Valley Family YMCA
5632 Santa Teresa Blvd, San Jose
8/25 – 11/17/14, M & W 1:00-2:15 PM

Southwest YMCA
13500 Quito Rd, Saratoga
9/10 – 12/3/14, W & F 2:30-3:45 PM

Goldman Sports and Wellness Center
Call Bonnie to register 650.223.8719
3921 Fabian Way, Palo Alto
9/3 – 11/21/14, T & Th 10:45-12:00 PM

New groups starting every 12 weeks

Sponsored by Stanford Health Improvement Program
www.LSLW.stanford.edu
PROGRAM GOAL
To empower adult cancer patients to improve functional capacity and to increase their quality of life through an organized program of fitness and strength.

INSTRUCTORS
Certified fitness instructors are trained by Stanford to run the program. They give personal individualized instruction to the participants. The instructors are trained in the elements of cancer, post rehab exercise, and supportive cancer care.

COST
The program consists of one 12-week session that meets 2x/week for 75 minutes. The program is without cost to participants.

PROGRAM LOCATIONS
For addresses & directions go to LSLW.stanford.edu and click on Program.

TO REGISTER*
Online: LSLW.stanford.edu
Click the “register” button on the home page.

*Advanced registration required. Class size limited.

CRITERIA FOR PARTICIPATION
• Strong personal desire – patient needs to enroll in the program (rather than a family member)
• Personally commit to attending all classes
• Inform their physician of their plan to join the program
• Give permission for exercise specialist to call physician or person giving treatment when necessary
• Complete our screening forms and answer health questionnaire
• This class is recommended for patients who have recently finished their cancer treatment. The enrollment decision will be made on an individual basis.

Living Strong Living Well™ is a 12-week small group program designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. Our goal is to help patients build muscle mass and muscle strength, increase flexibility and endurance, improve functional ability and decrease fatigue.

Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle as a way of life.

Living Strong Living Well
MSOB 1265 Welch Rd. MC 5411
Stanford, CA 94305-5411
Joyce Hanna, MA, MA LSLW Director
Email: livingstrong@stanford.edu
Fax: 650.498.4828

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Donation information at LSLW.stanford.edu.