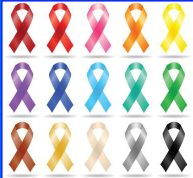


Moving On.....



YOU are not ALONE!

The Cancer Exercise Specialists Program is the first of its kind at the YMCA of Cecil County. It was created to work with recent Conquerors, in a non

threatening atmosphere, to help them regain their range of motion, increase flexibility and energy, rebuild muscle mass and strength.

Participants who exercise on a regular basis report improved strength, fewer medications, increased endurance and a better outlook on Life!

For more information please contact us at 410-392-YMCA!



Our Goal!

To help the cancer Conquerors who are suffering from side effects of surgery and treatment take control of their lives and bodies through exercise. To help them return to their pre-treatment level of strength and fitness, and start a fresh life.



Purchase 12 Sessions with one of our Cancer Certified Specialists and the YMCA of Cecil County will give you a ONE Month FREE Adult Membership, to help you continue your journey of healing and health .



12 Sessions \$435 + One Month Free Adult Membership!

Other types of packages.

10 Sessions \$360 6 Sessions \$218 + Two FREE!

4 Sessions \$145 2 Sessions \$60

Stronger Healthier YOU!

We also offer the Arthritis Foundations Aquatic Exercise Program which consists of water exercises designed for people with arthritis. This program is based on participants using several gentle exercises that improve range of motion, muscle strength and endurance. Class meets Tuesdays and Thursdays for 45 minutes, 1:30-2:45pm. This class is led by a Certified Arthritis Foundation Instructor in a safe, relaxed environment. It is FREE to our



Members and a great class that can be another tool to be used to keep you on track. This is a

perfect class to combine with the Cancer Exercise Specialist Program.





YMCA
of
Cecil County

YOU
Are
Not
ALONE!

YMCA'S Exercise for
Life Program



Cancer Conquerors



Cancer Exercise Specialists Program



YMCA'S Exercise for Life Program

25 YMCA Blvd. Elkton, Md. 21921

410-392-YMCA
www.ymcacecil.org