



Improving our COMMUNITY through HEALTHY LIVING EVIDENCE BASED HEALTH INTERVENTION PROGRAMS



LIVESTRONG® at the YMCA Cancer

This program focuses on you- the whole person-not the disease. Using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight you'll focus on:

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self-esteem

Free for ALL participants

12 week Sessions
Mondays & Fridays 1:15-2:45 pm

Next class starts:
June 5—Salem Family YMCA
TBD: Monmouth-Independence Family YMCA



LIVESTRONG®

FOUNDATION



Pedaling for Parkinson's™ Parkinson's disease

Research showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace.

Free for Members

8 week Sessions
Mondays, Wednesdays & Fridays 10-11 am



Pedaling For Parkinson's



Enhance®Fitness Arthritis

EnhanceFitness exercises focus on increasing cardiovascular endurance, strength, balance, and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for each participant.

\$0 Member/\$120 Non-Member

16 week sessions
Mondays, Wednesdays & Fridays
10:30-11:30 am—Salem Family YMCA
9:30-10:30 am—Monmouth-Independence Family YMCA





Evidence Based Health Intervention Programs Preliminary Registration Form

LIVESTRONG® at the YMCA Pedaling for Parkinson's™ Enhance@Fitness

Please note: Be sure to fill out all information as fully and clearly as possible in order to get accurate information to you.

First Name: _____ Last Name: _____

Age: _____ Health concern: _____ Gender: _____

Address: _____

Preferred phone number: _____

Email address: _____

Primary Care Provider: _____

Clinic: _____

Phone: _____

How did you find out about this program?

When is the best day and time to contact you? _____

What is your preferred method of contact? _____

Signature: _____ Date: _____