



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Improving our COMMUNITY through HEALTHY LIVING EVIDENCE BASED HEALTH INTERVENTION PROGRAMS



## LIVESTRONG® at the YMCA

Cancer

Free for ALL participants

**12 week Sessions**

Salem Family YMCA  
685 Court St. NE, Salem, OR 97301

Jan 28 (Mon & Fri) 9:30—11:00 am  
Mar 11 (Mon & Fri) 1:30—3:00 pm

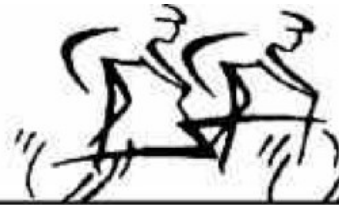
Monmouth-Independence Family YMCA  
870 N Main St., Independence, OR 97351

Jan 8 (Tues & Fri) 11:00 am-12:30 pm  
Please call 503.838.4042 to sign up.



LIVESTRONG®

FOUNDATION



*Pedaling For Parkinson's*

## Pedaling for Parkinson's™

Parkinson's disease

Free for Members

Try the first 3 classes free

**8 week Sessions**

**You can start anytime**

Salem Family YMCA  
685 Court St. NE, Salem, OR 9731

**Mon, Wed & Fri 9:30-10:30 am**

To sign up or if you have questions,  
give us a call at 503-399-2770

Registration is required, but on-site  
registration is available.



## Enhance®Fitness

Arthritis

\$0 Member/\$120 Non-Member

Try the first 3 classes free

**16 week sessions**

**You can start anytime**

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97351

**Mon, Wed & Fri 9:30-10:30 am**