

**Bring this  
brochure in  
along with a  
Physician's  
referral for your  
12 Week  
FREE  
Membership  
at the Lake  
Highlands  
YMCA!**

*As space permits.*

*Must be a referral from  
your Oncologist.*

**YMCA Mission:**  
To put Christian values into  
practice through programs that  
build healthy spirit, mind and  
body for all.

**Directions:**

From 75 North Central Express Way  
Take FOREST LN exit  
Go East on Forest Lane for 1.1 mi.  
Turn Right on SHEPHERD RD for 0.3 miles  
Turn Left on STULTS RD  
Arrive at 8920 STULTS RD  
on the Right.



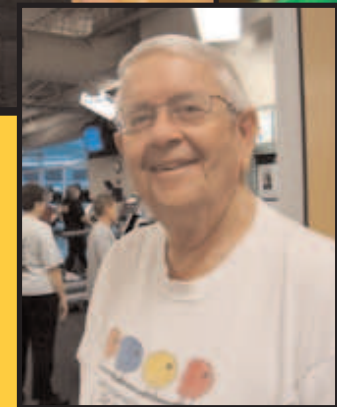
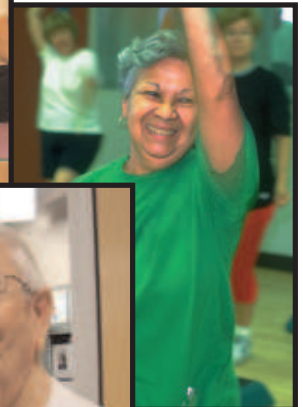
**8920 Stults Rd  
Dallas, TX 75243  
(214) 221-9622**

[www.lakehighlandsymca.org](http://www.lakehighlandsymca.org)

**L I V E S T R O N G**™ *at the* YMCA



**Cancer Recovery  
Wellness  
Programs**



**Building relationships  
while improving overall  
health and wellness**

**Get 12 weeks  
FREE membership at the  
Lake Highlands Family YMCA  
with a Physician's Referral**

A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION



## YMCA & The Lance Armstrong Foundation

The YMCA has partnered with the Lance Armstrong Foundation to participate in a cancer survivorship collaborative. The



Lake Highlands Family YMCA has joined the initiative to involve research based program designs to focus on the specific wants, needs, and interests of cancer survivors. We are dedicated to improving the quality of life of cancer survivors through the implementation of exercise programs, distribution of Lance Armstrong Foundation brochures and resources and numbers of other considerations to accommodate the needs of cancer survivors.

**L I V E S T R O N G**™ at the YMCA

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### Healing Stretch

This program is designed to accommodate participants that may be less mobile or are highly prone to fatigue by providing chairs, and accommodating those that may require a wheelchair or other mobility aid. The class will incorporate breath-work, strength, endurance, and a focus on relaxation.

#### **Class Schedule:**

Mondays, Wednesdays,  
Fridays  
8:00-8:30 am



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### Gentle Pilates

This program incorporates a gradual progression of gentle movements that focus on building strength, endurance, and mobility. The class is designed to improve one's ability to perform activity of daily living such as lifting objects, standing from a seated position, and balance.

#### **Class Schedule:**

Mondays, Wednesdays,  
Fridays  
8:35-9:00 am



### Wellness Enhancement Program

This 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.

The goal is to help participants build muscle mass and muscular strength, increase flexibility and endurance, and ultimately improve their quality of life. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels and self esteem.

The instructors of the course will be trained by Stanford and the YMCA to give personal individualized instruction to the participants. The instructors are trained in the elements of cancer, post rehab exercise, nutrition and supportive cancer care.

*The Wellness Enhancement Program will have informational sessions at the beginning of each month. If you would like to participate, please contact Clint Elliott at (214) 221-9622 ext. 14 or email at [clinte.lakehighlands@ymcadallas.org](mailto:clinte.lakehighlands@ymcadallas.org)*

