

***Live Strong, Live Long!***

*"You can't fight cancer from the couch"*

A FREE personalized 12-week program  
with certified LIVESTRONG® at the YMCA trainers  
Helps regain strength and emotional wellbeing for persons with breast cancer

Starting March 5, 2013  
Tuesdays and Thursdays  
11:00 am – 12:30 pm

Two 90 minute sessions per week for 12 weeks  
Classes limited to 10 breast cancer survivors  
(anyone who has been diagnosed with breast cancer)

Located at the Georgia Regents University Wellness Center  
15<sup>th</sup> Street and Laney Walker Blvd.  
Augusta, Georgia

**To reserve your spot or for more information:**

Call Janet Thornburg, Family Y: 803-349-8101 or email

[jthornburg@thefamilyy.org](mailto:jthornburg@thefamilyy.org)

Sponsored by  
The Breast Cancer Prevention Coalition of the CSRA  
The Family Y of Greater Augusta  
Georgia Regents University Wellness Center