



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PINK FOR A PURPOSE!

**October 8-15**

**YMCA OF GREATER OMAHA**

October is Breast Cancer Awareness Month. Let's "pink out" all our group exercise classes during Pink Week, October 8-15, by wearing pink to your favorite class!

**JOIN US! PINK POWER GROUP EXERCISE EVENTS!**

The LIVESTRONG® at the YMCA program is a research based physical activity program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle & strength, increasing flexibility & endurance, and improving confidence & self-esteem. By focusing on the whole person, LIVESTRONG® at the YMCA is helping people move beyond cancer care in spirit, mind, and body.

This program is FREE to any adult cancer survivor, and also includes a FREE household membership to the YMCA for the duration of the program. The YMCA of Greater Omaha has sessions beginning in February, May, and September at various YMCA locations.

**Learn more by visiting: [metroymca.org/wellness-programs/livestrong-at-the-ymca](https://metroymca.org/wellness-programs/livestrong-at-the-ymca)**