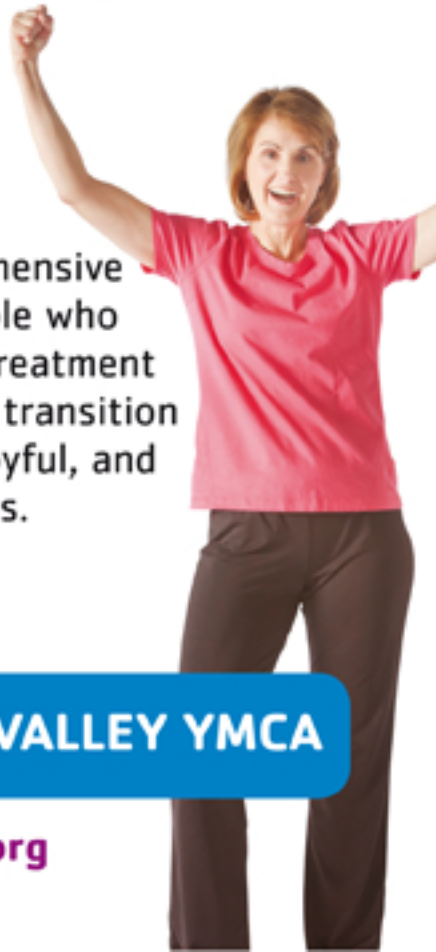




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGING LIVES

## Cancer Survivorship Wellness and Rehabilitation Program



12-week comprehensive program for people who received cancer treatment and are trying to transition to more active, joyful, and healthier lifestyles.

**WENATCHEE VALLEY YMCA**

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



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## WENATCHEE VALLEY YMCA

**The Cancer Survivorship Wellness and Rehabilitation Program** is a collaborative effort involving Confluence Health, Central Washington University, EASE Cancer Foundation, and the Wenatchee Valley YMCA.

Sessions begin every spring and fall and space is offered on a first come first serve basis.

### Highlights include:

- Individual pre/post physical fitness testing valued over \$300
- Cardiovascular, strength, and flexibility training in a supportive group environment
- Educational classes on exercise, stress management, sleep hygiene, healthy eating strategies, cancer risk reduction, and more
- Nutrition counseling and accountability
- Weight management
- Lymphatic Massage and scar mobilization
- Aquatic exercise
- Beginning Pilates
- Therapeutic and Restorative Yoga
- Kripalu DansKinetics
- Motivational and Cognitive Training

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