

CENTRAL YMCA

1717 THE ALAMEDA, SAN JOSE
4/30 – 7/23/19, T & Th 1:00-2:15 PM

EAST PALO ALTO FAMILY YMCA

550 BELL ST., EAST PALO ALTO
5/14 – 8/6/19, T & Th 11:00 AM-12:15 PM

EAST VALLEY YMCA

1974 SOUTH WHITE RD., SAN JOSE
4/30 – 7/23/19, T & Th 10:00-11:15 AM

EL CAMINO YMCA

2400 GRANT RD., MOUNTAIN VIEW
5/22 – 8/14/19, M & W 1:30-2:45 PM

GOLDMAN SPORTS AND WELLNESS CENTER

Call Bonnie to register this site only 650.223.8719
3921 FABIAN WAY, PALO ALTO
4/9 – 6/27/19, T & Th 12:00-1:15 PM

LIFESTYLERX

STANFORD HEALTH CARE - VALLEYCARE

1119 E STANLEY BLVD., LIVERMORE
4/29 – 7/25/19, M & Th 10:30-11:45 AM
4/29 – 7/25/19, M & Th 5:15-6:30 PM

NORTHWEST YMCA

20803 ALVES DR., CUPERTINO
5/6 – 7/29/19, M & W 4:00-5:15 PM

PALO ALTO FAMILY YMCA

3412 ROSS RD., PALO ALTO
4/30 – 7/23/19, T & Th 2:30-3:45 PM

See other side for more locations.

PENINSULA FAMILY YMCA

1877 SOUTH GRANT ST., SAN MATEO
5/7 – 7/30/19, T & Th 11:30 AM-12:45 PM
5/20 – 8/15/19, M & Th 6:00-7:15 PM

PRESIDIO COMMUNITY YMCA

63 FUNSTON AVE., SAN FRANCISCO
5/13 – 8/8/19, M & Th 11:30 AM-12:45 PM

SEQUOIA YMCA

1445 HUDSON ST., REDWOOD CITY
4/29 – 7/22/19, M & W 1:45-3:00 PM

SOUTH VALLEY FAMILY YMCA

5632 SANTA TERESA BLVD., SAN JOSE
5/6 – 7/29/19, M & W 1:00-2:15 PM

SOUTHWEST YMCA

13500 QUITO RD., SARATOGA
5/13 – 8/5/19, M & W 2:30-3:45 PM

STONESTOWN FAMILY YMCA

333 EUCALYPTUS DR., SAN FRANCISCO
5/1 – 7/24/19, M & W 1:00-2:15 PM

See other side for more locations.



**A STRENGTH
& FITNESS PROGRAM**

FOR CANCER PATIENTS
AND SURVIVORS

Spring/Summer 2019



Sponsored by
Stanford Health Improvement Program
LSLW.stanford.edu

PROGRAM DESCRIPTION



Living Strong Living Well™ 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. Our goal is to help patients build muscle mass and muscle strength, increase flexibility and endurance, improve functional ability and decrease fatigue.

Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle as a way of life.

Supported by:
Stanford Health Improvement Program,
The YMCA, and individual donations.
Donation information at
LSLW.stanford.edu.



PROGRAM GOAL

To empower adult cancer patients to improve functional capacity and to increase their quality of life through an organized program of fitness and strength.

INSTRUCTORS

Certified fitness instructors are trained by Stanford to run the program. They give personal individualized instruction to the participants. The instructors are trained in the elements of cancer, post rehab exercise, and supportive cancer care.

COST

The program consists of one 12-week session that meets 2x/week for 75 minutes. **The program is without cost to participants.**

PROGRAM LOCATIONS

For addresses & directions go to LSLW.stanford.edu and click on Program.

TO REGISTER AND FOR MORE INFORMATION*

Online: LSLW.stanford.edu

Click the "register" button on the home page.

**Advanced registration required. Class size limited.*

CRITERIA FOR PARTICIPATION

- Strong personal desire – patient needs to enroll in the program (rather than a family member)
- Personally commit to attending all classes
- Inform their physician of their plan to join the program
- Give permission for exercise specialist to call physician or person giving treatment when necessary
- This class is recommended for patients who have recently finished their cancer treatment or if able, while still in treatment. The enrollment decision will be made on an individual basis.
- You do not need to be affiliated with Stanford.



Living Strong Living Well

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