



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH OVER CANCER

GROUP INTERESTS

Strength Over Cancer Program

Members and friends, come together to prove that cancer does not have to take over your life; exercise can help.

We are inviting those living with cancer (treatment phase) and cancer survivors to be part of the Richmond County YMCA with a free 8-week membership.

Each participant receives a detailed 8-week exercise program to follow.

Cost: Free with doctor's referral

Questions - Call Glenda at the Y



Richmond County Family YMCA
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Barbie Miles
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