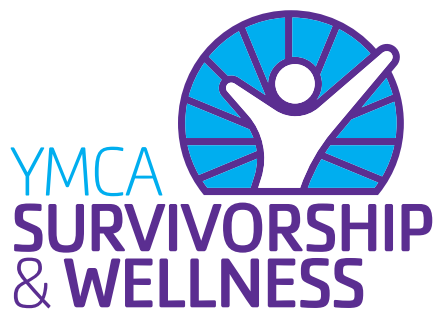




POWERED BY: **MOFFITT**
CANCER CENTER 



TOGETHER WE WILL THRIVE

Partners in Health

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the Moffitt Cancer Center have partnered to offer YMCA Survivorship & Wellness, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with trained Y staff to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, YMCA Survivorship & Wellness is helping people move beyond cancer in spirit, mind and body.

» Questions?

Tampa: survivorship@tampaymca.org

Suncoast: communityhealth@suncoastymca.org

FIND OUT MORE:

Please call your local YMCA, visit tampaymca.org or ymcasuncoast.org to inquire about cancer survivor programs in your area.



Find a YMCA near you on back!

HERE FOR YOU:

YMCA of the Suncoast and Tampa Metropolitan Area YMCA have locations throughout Citrus, Hernando, Hillsborough, Pasco and Pinellas counties for your health and wellness needs.

YMCA OF THE SUNCOAST

- | | |
|---|--|
| 1 | Citrus Memorial Health Foundation YMCA |
| 2 | Hernando County YMCA |
| 3 | James P. Gills Family YMCA |
| 4 | Greater Palm Harbor YMCA |
| 5 | John Geigle YMCA |
| 6 | Greater Ridgecrest YMCA |

TAMPA METROPOLITAN AREA YMCA

- | | |
|----|---|
| 1 | WestPark Village YMCA Express |
| 2 | Northwest Hillsborough Family YMCA |
| 3 | Bob Sierra North Tampa Family YMCA |
| 4 | South Tampa Family YMCA |
| 5 | Downtown YMCA |
| 6 | Bob Gilbertson Central City Family YMCA |
| 7 | New Tampa Family YMCA |
| 8 | East Pasco Family YMCA |
| 9 | North Brandon Family YMCA |
| 10 | Campo Family YMCA |
| 11 | Plant City Family YMCA |
| 12 | Spurlino Family YMCA at Big Bend Road |

