

# LIVESTRONG™ *at the* YMCA

A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION



## Cancer Education Series

The YMCA Healthy Living Center – in conjunction with the Lance Armstrong Foundation – has developed a specialized program specifically designed for cancer patients and survivors.

As part of the special programming, an educational series has been developed to address cancer issues and their impact on various aspects of everyday living. Topics change weekly so check back with us often.

- When:** **Wednesday evenings**  
**5:30-6:30 p.m.**
- Where:** **YMCA Healthy Living Center**  
12493 University Avenue in Clive, Iowa
- Cost:** Free of charge
- Information:** (515) 643-8206 – Mercy Cancer Center  
[www.mercydesmoines.org/cancercenter](http://www.mercydesmoines.org/cancercenter)  
(515) 645-3350 – Healthy Living Center  
[www.healthyd.com](http://www.healthyd.com)

### January, 2012 Upcoming Programs

- January 4** **Happy New Year!**  
Livestrong will not be meeting this week, we hope you all have a great holiday season.
- January 11** **Body, Mind, and Spirit: Reducing Stress**  
Malabika Shaw, Energy and Healing Consultant  
Vision Wholistic
- January 18** **Healthy Resolutions: Kick Your Nutritional Goals into Gear**  
Crystal Tallman, RD, CSO, LD and Barb Wisnieski, RD, LD  
Oncology Dieticians, Mercy Cancer Center
- January 25** **Above and Beyond Cancer: Mt. Kilimanjaro**  
Richard L. Deming, MD  
Medical Director, Mercy Cancer Center