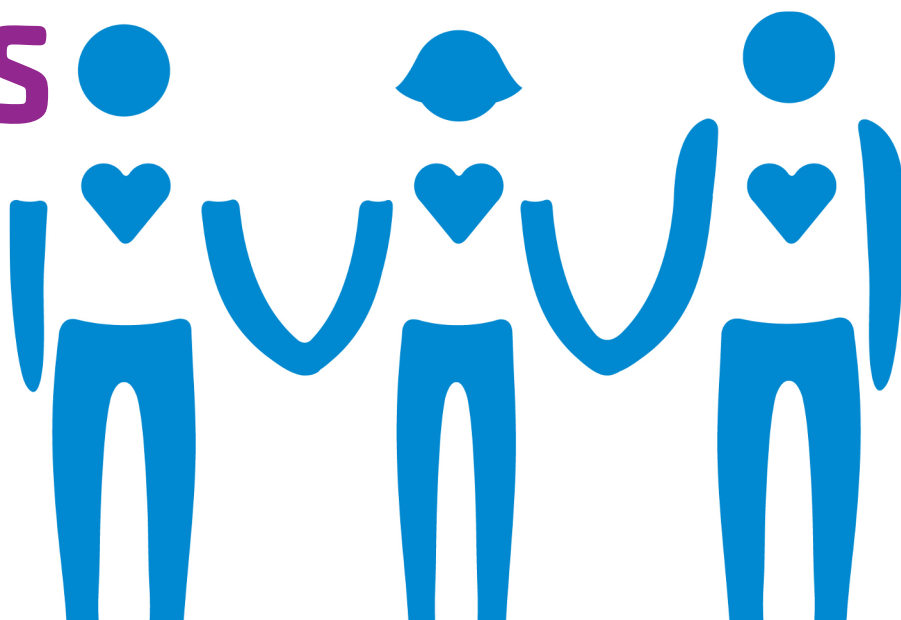


WELLNESS FOR LIFE



The YMCA of Greater Erie is partnered with AHN Cancer Institute and UPMC Hillman Cancer Center to offer classes for cancer patients, survivors, and their caregivers.

By integrating physical activity, proper nutrition, and mind-body-spirit awareness, you can feel better and reduce the side effects of cancer treatments.

We are committed to helping you make healthy lifestyle changes. We want you to feel empowered to regain a sense of control over your cancer.

Through this purposeful partnership, we can offer supportive holistic classes in a nurturing, safe, and spacious environment. These classes will be taught by expert fitness professionals free of charge.

PROGRAMS OFFERED

Virtual (YMCA360 Platform)

- *Any classes under the "Wellness RX" category will be accepted to maintain Wellness for Life memberships*

(Category is found under Fitness First)

- Your Wellness For Life membership also grants you access to our other amenities like our heated pool, low impact strength machines, & 40+ in-person classes.

12 Week Session:
April 16 - July 8

Qualifications on back >>>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GLENWOOD PARK YMCA
3727 Cherry Street
Erie, PA 16508

A FREE YMCA Membership will be granted to any AHN or UPMC Cancer Center participant (and their caregiver) receiving care, and or treatment. Participants interested in the Wellness For Life Program must first obtain a center employee signature to confirm eligibility. Participants and their caregivers are required to participate in a minimum of one class offering per week to keep their membership active. To begin your health journey, see a cancer center employee to complete your application.

Participant Name (print)

Center Employee Name (print)

Center Employee Signature

CATEGORY DESCRIPTIONS

Cancer Support

We are committed to empowering our entire community with resources and options that excite them and help them work toward improved general health.

Healthy Eating

Whether it's quick tips or nutrition coaching, healthy eating allows us to perform well and feel our best as we move through our day.

Wellness Reboot

At the YMCA, being "well" is not just a lack of a disease, or a focus on physical health. Wellness includes a healthy spirit, mind, and body. These videos will focus on creating mental wellness.

