



Improving our COMMUNITY through HEALTHY LIVING EVIDENCE BASED HEALTH INTERVENTION PROGRAMS



LIVESTRONG® at the YMCA Cancer

Free for ALL participants

12 week Sessions

Salem Family YMCA
685 Court St. NE, Salem, OR 97301

June 11 (Mon & Fri) 5:30—7:00 pm

Monmouth-Independence Family YMCA
870 N Main St., Independence, OR 97351

May 22 (Tues & Fri) 11:00 am-12:30 pm



LIVESTRONG®

FOUNDATION



Pedaling for Parkinson's™

Parkinson's disease

Free for Members

Try the first 3 sessions free

8 week Sessions

Salem Family YMCA
685 Court St. NE, Salem, OR 9731

May 14

Mon, Wed & Fri 9:30-10:30 am

To sign up or if you have questions,
give us a call at 503-399-2770

Registration is required, but on-site
registration is available.



Enhance®Fitness

Arthritis

\$0 Member/\$120 Non-Member

Try the first 3 sessions free

16 week sessions

Salem Family YMCA
685 Court St. NE, Salem, OR 9731

June 2

Mon, Wed & Fri 10:30-11:30 am

Monmouth-Independence Family YMCA
870 N Main St., Independence, OR 97351

June 2

Mon, Wed & Fri 9:30-10:30 am