

Date: September 1, 2010
For more information: Donna Walsh, 626-4857



‘Strength to Survive’ exercise program for adult cancer survivors starts Sept. 7

MaineGeneral’s Harold Alfond Center for Cancer Care and the Kennebec Valley YMCA will offer a 12-week, small group exercise program for adult cancer survivors.

The program will be held Tuesdays and Thursdays starting **Tuesday, Sept. 7**, from 9-10 a.m. at Kennebec Valley YMCA, 31 Union Street, Augusta.

Participants will develop a physical fitness routine they can do on their own once the program ends. The fee is \$50 and includes full use of the YMCA on class days. A companion pass is available for \$25.

Class size is limited to 10 participants.

To register or for more information, please call Donna Walsh at 626-4857 or e-mail her at donna.walsh@mainegeneral.org.