LiveStrong at the YMCA-M/W 1:30-3pm at the Bellingham YMCA (1256 N. State) help cancer survivors & thrivers to gain strength & endurance, improve balance & range of motion, and build relationships that support and encourage them. Program just started and runs through July 5th, though a student could finish when school is out if needed. Contact is Tammy Bennett, tbennett@whatcomymca.org, or 360-255-0490

---

Tammy Bennett  
Healthy Living Director  
Whatcom Family YMCA

P (360) 255-0490  
F (360)-255-7098

www.whatcomymca.org

For Youth Development  
For Healthy Living  
For Social Responsibility