



Great Miami Valley YMCA

105 N. Second Street
Hamilton Ohio 45011

Area(s) Served:

Butler County,
Warren County

<http://www.gmvymca.org>

central@gmvymca.org

Phone: 513-887-0001

Phone Extension: N/A

Contracted Provider: Not Applicable

Description:

The Great Miami Valley YMCA features programs and activities for people of all ages at several Butler/Warren county locations.

LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a 12-week small group program designed for adult cancer survivors. The program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life, or their "new normal."

YMCA wellness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the element of cancer, post rehab exercise and supportive cancer care.

This 12-week program consists of 75-minute sessions that meet two times per week. A 3-month YMCA membership is provided at no charge to the participants and their household family members.

Class size is limited, advance registration is required. For more information, please contact Chris Lindeman at (513) 892-9622 or lindeman@gmvymca.org.

Locations:

[Atrium Family YMCA](#)

513-217-5501

[East Butler YMCA](#)

513-892-9622

[Fairfield Family YMCA](#)

513-829-3091

[Fitton Family YMCA](#)

513-868-9622

[Hamilton Central YMCA](#)

513-887-0001

[Middletown Area Family YMCA](#)

513-422-9622

