

## Resource guide for Cancer Survivors Interested in Exercise

This page details locations local to the Philadelphia Metropolitan Area. The next page provides locations across the United States that are part of the LiveSTRONG at the YMCA cancer survivorship collaborative ([www.livestrong.org/YMCA](http://www.livestrong.org/YMCA)).

### Philadelphia:

Sisters In Shape Fitness  
1320 Somerville Ave.  
Philadelphia, PA, 19141  
(Inside the York North Apartments on the ground floor, 1 block south of Broad and Olney)  
215-329-8663 (Ask for Melanie Marchand or Salima Deendayal)

### Montgomery County:

Lisa Newman  
Personal Trainer (ACE Advanced Fitness Certification)  
lnewman59@hotmail.com  
610-554-3493  
Trains in your home or at the Main Line YMCA in Ardmore, PA (but you must be a member).

### Delaware County:

Community YMCA of Eastern Delaware County, Ridley Area YMCA  
900 South Avenue  
Secane, PA 19018  
Colleen Greeley  
Health & Wellness Director  
610-544-1080, ext. 220  
[cgreeley@cyedc.org](mailto:cgreeley@cyedc.org)

### Philadelphia, Montgomery County, and Delaware County:

The YMCA of Philadelphia and Vicinity has 3 fitness center locations that are currently able to offer a weight lifting program for breast cancer survivors (Ambler, Fort Washington, Ardmore) and hopes to have the program available at all 13 fitness center locations by January 2010. For further information this program at ANY of the 13 fitness centers that are part of this YMCA association (see <http://www.ymcaphilly.org/y-branches> for branch locations), contact:

Sean Elliott  
Executive Director, Abington YMCA  
Association Wellness Quality Team Director  
YMCA of Philadelphia and Vicinity  
(215) 884-9622

### Southern New Jersey (Burlington County)

YMCA of Burlington County (Mount Laurel and Riverfront locations) has 3 programs:

LiveSTRONG at the YMCA: After Cancer  
Contact: Joann Agoglia 856-234-6200 ext. 304 [joanna@ymca-bc.org](mailto:joanna@ymca-bc.org)

LiveSTRONG at the YMCA: In the Water  
Contact: Linda Davis 609-543-6200 ext. 302 [lindad@ymca-bc.org](mailto:lindad@ymca-bc.org)

LiveSTRONG at the YMCA: For Teens  
Contact: Joann Agoglia 856-234-6200 ext. 304 [joanna@ymca-bc.org](mailto:joanna@ymca-bc.org)

# LIVESTRONG™ at the YMCA

A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION



**The Lance Armstrong Foundation (LAF) and the YMCA of the USA are working together to create physical activity and wellness programs for cancer survivors. By the end of 2009, LIVESTRONG™ programs will be available in the following cities across the United States:**

YMCA	City	State	Contact	Phone	Email
YMCA of West Central Florida	Lakeland	FL	Leonard Speed	869-644-3528	<a href="mailto:leonard.speed@ymcawcf.org">leonard.speed@ymcawcf.org</a>
YMCA of the Suncoast	Clearwater/St. Petersburg	FL	Jennifer Bingham	727-394-9622	<a href="mailto:jbingham@suncoastymca.org">jbingham@suncoastymca.org</a>
Tampa Metropolitan YMCA	Tampa	FL	Jon Dearolf	813-224-9622	<a href="mailto:jonathan.dearolf@tampaymca.org">jonathan.dearolf@tampaymca.org</a>
YMCA of Greater Des Moines	Des Moines	IA	Kim Stewart	515-471-8581	<a href="mailto:kim.stewart@dmymca.org">kim.stewart@dmymca.org</a>
Treasure Valley Family YMCA	Boise	ID	Mary Biddle-Newberry	208-344-5502 x276	<a href="mailto:mary.biddle@ymcatvidaho.org">mary.biddle@ymcatvidaho.org</a>
YMCA of Greater Louisville	Louisville	KY	Heather Kluemper	502-329-4793	<a href="mailto:livestrong@ymcalouisville.org">livestrong@ymcalouisville.org</a>
YMCA of Greater Boston	Boston	MA	Jerri Pratt	617-927-8080	<a href="mailto:jpratt@ymcaboston.org">jpratt@ymcaboston.org</a>
Ann Arbor YMCA	Ann Arbor	MI	Mary Beth Sheahan	734-661-8022	<a href="mailto:livestrong@annarborymca.org">livestrong@annarborymca.org</a>
YMCA of Greater Charlotte - Lowes	Charlotte	NC	Amy Hurt	704-716-4053	<a href="mailto:Amy.hurt@ymcacharlotte.org">Amy.hurt@ymcacharlotte.org</a>
YMCA of Greater Charlotte - Dowd	Charlotte	NC	Amy Hoffner	704-716-6100	<a href="mailto:amy.hoffner@ymcacharlotte.org">amy.hoffner@ymcacharlotte.org</a>
YMCA of Cass and Clay Counties	Fargo	ND	Pam Erickson	701-364-4166	<a href="mailto:erickson@ymcacassclay.org">erickson@ymcacassclay.org</a>
YMCA of Burlington County	Burlington	NJ	Kathy Custis	609-543-6200 x304	<a href="mailto:kathyc@ymca-bc.org">kathyc@ymca-bc.org</a>
Metuchen Edison Woodbridge YMCA	Metuchen	NJ	Marie Patterson	732-548-2044	<a href="mailto:marie.patterson@metuchen-edisonymca.org">marie.patterson@metuchen-edisonymca.org</a>
Metuchen Edison Woodbridge YMCA	Woodbridge	NJ	Kim Cole	732-548-2044	<a href="mailto:kim.cole@metuchen-edisonymca.org">kim.cole@metuchen-edisonymca.org</a>
Metuchen Edison Woodbridge YMCA	Edison	NJ	Lexy Anderson	732-548-2044	<a href="mailto:lexy.anderson@metuchen-edisonymca.org">lexy.anderson@metuchen-edisonymca.org</a>
YMCA of Greater Rochester	Rochester	NY	Deb Duffy	585-227-3900	<a href="mailto:debd@rochesterymca.org">debd@rochesterymca.org</a>
YMCA of Greater Syracuse	Syracuse	NY	Cheryl Pustzai	315-474-6851 x321	<a href="mailto:cpusztai@downtownsyracuseymca.org">cpusztai@downtownsyracuseymca.org</a>
Great Miami Valley YMCA	Fairfield	OH	Chris Lindeman	513-829-3091	<a href="mailto:lindeman@gmvyymca.org">lindeman@gmvyymca.org</a>
YMCA of Greater Providence	Providence	RI	Judy Cerrito	401-828-0130	<a href="mailto:jcerrito@gpymca.org">jcerrito@gpymca.org</a>
YMCA of Metropolitan Dallas	Dallas	TX	Jayson Killough	214-221-9622	<a href="mailto:jkillough@ymcadallas.org">jkillough@ymcadallas.org</a>
YMCA of Snohomish County	Marysville	WA	Wendy Bart	360-653-9622	<a href="mailto:wbart@ymca-snoco.org">wbart@ymca-snoco.org</a>
YMCA of Greater Seattle	Seattle	WA	Therese Billings	206-382-7893	<a href="mailto:tbillings@seattleymca.org">tbillings@seattleymca.org</a>
YMCA of Greater Milwaukee	Milwaukee	WI	Joel Mathews	414-274-0814	<a href="mailto:jmmathews@ymcamke.org">jmmathews@ymcamke.org</a>

**For information about the YMCA of the USA and Lance Armstrong Foundation partnerships, contact:**

Ann-Hilary Hanly  
 YMCA of the USA Project Manager  
 800-872-9622 x2847  
[ann-hilary.hanly@ymca.net](mailto:ann-hilary.hanly@ymca.net)

Haley Justice  
 Lance Armstrong Foundation LiveSTRONG Manager  
 512-279-8389  
[haley.justice@livestrong.org](mailto:haley.justice@livestrong.org)