
L I V E S T R O N G™ *at the* YMCA

A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION



LiveStrong at the YMCA Program Thursdays @ 11:00 am September 16—November 18

If you are a cancer survivor or patient, you are eligible to participate in our **Free** 3-month **LiveStrong Program**. In this program, you will receive a free 3-month membership and once a week group personal training with a certified nutritionist and trainer.

For more information, please contact Dora Johannesen, Healthy Lifestyles Director, at 972-560-3885 or djohannesen@ymcadallas.org.

9/16—11/18/10 LIVE STRONG PROGRAM REGISTRATION FORM

Please take registration form to the Welcome Center on the 3rd floor or mail to:
T. Boone Pickens YMCA Attn: Program Office
601 N. Akard, Dallas, TX 75201 Fax 214-953-0632

Name _____ DOB _____

Address/City/Zip _____

Day Phone _____ Evening Phone _____

E-mail Address _____

By my signature, and of my free will, I do hereby agree to indemnify and save harmless the YMCA of Metropolitan Dallas from any and all claims or demands, costs or expenses arising out of injuries, damages or other losses, whether personal or property, sustained by me or any party to whom I am responsible.

Signature _____

YMCA Mission Statement

To put Christian values into practice through programs that build healthy spirit, mind and body for all.