



LIVESTRONG AT THE YMCA®

YOUR SUPPORT MAKES HEALING POSSIBLE!

LiveSTRONG at the YMCA of Metro North is a free 12-week program that helps cancer survivors regain strength, confidence, and community during and after treatment. Led by certified instructors trained in cancer survivorship, participants attend two 90-minute sessions each week focused on safe, personalized exercise that improves cardiovascular endurance, strength, balance, and overall quality of life. Proven to reduce fatigue and help survivors return to healthy activity levels, this program also builds lasting connections and hope.

IMPACT BY THE NUMBERS

- The LiveSTRONG Foundation has partnered with YMCAs nationwide since 2007.
- More than 76,952 cancer survivors enrolled.
- Over 631 YMCA branches offer LiveSTRONG across the country.
- LiveSTRONG is available at the YMCA to cancer survivors in 42 states.



VISIT WWW.YMCAMETRONORTH.ORG/LIVESTRONG TO GET INVOLVED

YMCA OF METRO NORTH LIVESTRONG AT THE Y DONATION

PREMIER SPONSOR – \$50,000

- Exposure on year-round Y communications
- Logo and recognition on website
- Plus the sponsor benefits at other listed levels

LIVESTRONG SPONSOR – \$25,000

- Special donor spotlight in newsletter and eblasts
- Featured in Y social media event promotion
- Logo recognition on LiveStrong marketing materials
- Plus the sponsor benefits at other listed levels

COMMUNITY SPONSOR – \$10,000

- Logo on Banner in Y Branch for a year
- Logo on Poster in the branches
- Plus the sponsor benefits at other listed levels

GOLD SPONSOR – \$5,000

- Invitation to President's Club receptions and events throughout the year
- Plus the sponsor benefits at other listed levels

SILVER SPONSOR – \$2,500

- Logo on LiveStrong website
- Plus the sponsor benefits at other listed levels

BRONZE SPONSOR – \$2,500

- Listing on LiveStrong website

Your Information

Organization: _____

Organization Contact Name: _____

Please accept this donation in honor of in memory of _____

Contact Email: _____ Contact Phone Number: _____

Address: _____ City: _____ State: _____ ZIP: _____

Payment Method

Please Bill Me

Check Enclosed – Payable to YMCA of Metro North

Credit Card

Card Number: _____

Expiration Date: _____ Security Code: _____

Cardholder Name: _____

Signature: _____

Please Return Completed Forms To:

YMCA of Metro North
Attn: Mary Orne
10 Centennial Drive, Suite 105
Peabody, MA 01960



Scan the QR Code
to Learn More

The YMCA of Metro North is a registered 501(c)(3) non-profit organization. Your donation is tax deductible to the extent allowable by law. EIN: 04-2105883