



ABC: Where survivors find strength

"You have cancer." These words may be the most sobering and difficult three words someone can hear. Thanks to medical advances, however, these words no longer have the dire meaning they may have had just 10 years ago. There is hope and there is help.

The ABC (After Breast Cancer) Program is open to anyone who's had a diagnosis of breast cancer – they do not have to be a member of the YMCA. The program is funded entirely by grants and the Y's annual giving campaign, so there is no cost to participants.

The ABC Program includes:

- **Free 16-week membership to the YMCA, including unlimited use of all facilities, equipment and classes**
- 8 sessions with a Pink Ribbon® Certified personal trainer
- 4 consultations with a Registered Dietician
- Lymphedema education
- Monthly educational meetings, addressing a variety of topics from local experts and providing social support for survivors

FAQ

Q. When is the best time to start the ABC Program?

A. Any time! Immediately before surgery to learn post-surgery range of motion exercises, post-surgery for help with range of motion exercises; and after chemotherapy to help regain energy levels more quickly and learn proper techniques for strength training

Q. Can I go to the YMCA closest to my house?

A. The ABC Program is currently offered at the Maryland Farms, Cool Springs, Bellevue, Murfreesboro and **Clarksville** YMCAs.

Q. What if something comes up and I can't finish in 16 weeks?

A. We understand that participants may need additional surgeries or treatments that delay their progress. Program extensions can be made on a case-by-case basis.

Q. What do I do after I finish the ABC Program?

A. The goal of the ABC Program is to enable all participants to learn and continue healthy lifestyle habits. The YMCA membership fee is waived for ABC participants who want to join the Y after they finish the program, and our Open Doors policy provides financial assistance to those who qualify so that everyone can afford a membership. In addition, participants may choose to continue working with their personal trainer on a one-on-one or small group basis for a fee, or, in some locations, join a "graduate" class led by an ABC trainer. Monthly meetings are open to all members for as long as they'd like to come.

Q. Are there any plans to expand the ABC Program to other YMCAs?

A. Our dream is to be able to offer the ABC Program at every YMCA in Middle Tennessee, and ultimately at every Y in the country! We are continually working with grant organizations and private donors to secure the needed funding, and hope to open several new programs in the coming years.

For More Info or to Sign Up Contact:

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