



FOCUS ON YOU



LIVESTRONG at the Y

Focus on you during our 12-week LIVESTRONG at the Y program. Meet twice a week for 90 minutes with other cancer survivors, coaches and amazing volunteers as you re-gain your health and well-being.

Fall Session:

Begins week of September 9th - December 2nd

Dahl Branch (La Crosse)

Monday & Wednesday

8:30-10:00 AM

Tuesday & Thursday

1:30-3:00 PM

5:15-6:45 PM

Houser Branch (Onalaska)

Tuesday & Thursday

1:15-2:45 PM

To sign up or for more information contact:

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