



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE SURVIVORS FIND STRENGTH

ABC OUTREACH FAQ
YMCA of Middle Tennessee



YMCA of Middle Tennessee After Breast Cancer provides comprehensive nutrition, exercise and wellness services free of charge to breast cancer patients and survivors. During the 16-week program, participants receive full access to the Y, a custom wellness plan designed by a Pink Ribbon Certified personal trainer, nutrition counseling from a registered dietitian and encouragement and support from caring staff members as well as fellow breast cancer patients and survivors.

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Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.



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After Breast Cancer 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 and screening by a physical therapist specializing in lymphedema
- 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, Maury county, Putnam county, Cool Springs, Bellevue, Murfreesboro and Clarksville YMCAs. Lymphedema specialists and registered dieticians can be seen at Maury county, Putnam county, Maryland Farms, Murfreesboro and Clarksville.

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.

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