

South Carolina Alliance of YMCAs

The South Carolina Alliance of YMCAs is elated to have the opportunity to participate in the SC Cancer Prevention and Control Research Network mini grant. For this mini grant, the Community Health Director aims to increase the utilization of the YMCA's 12-week group-based cancer exercise program to increase exercise retention rates among cancer survivors. This program will enable cancer survivors to engage in physical activity with 6-11 other survivors in a private environment led by certified cancer exercise specialists. The program will provide them an opportunity to access the YMCA on the off days of the program to build healthy habits and enable them to share their successes and challenges of surviving cancer.



In addition to promoting the program for survivors, the Alliance will make efforts to enhance the effectiveness of improving exercise retention rates among cancer survivors by providing additional opportunities to promote overall health and wellness. Specifically, the Alliance has designated the Foothills Area YMCA, YMCA of Greater Spartanburg, and YMCA of Upper Palmetto to work alongside their local healthcare system and/or oncology system to:

- 1) Increase messaging around the importance of exercising post-cancer diagnosis.
- 2) Educate survivors on health and wellness by partnering with community-based organizations to help form healthy habits around nutrition and mental health.
- 3) Increase quality of life by providing these additional opportunities including health messaging about exercise and educating on nutrition and mental health.

We know that after cancer survivors complete treatment, they are

often left feeling anything but normal. The YMCA is for ALL, including cancer survivors who are important members of our community. We strive to build relationships. This grant will allow the SC YMCAs to demonstrate their impact on cancer survivors and help improve access to community resources.

Team members:

Halie Patterson, Community Health Director
Sydney Lia – Foothills Area YMCA
Seth Byland – Greater Spartanburg YMCA
Jennie Dawkins – YMCA of Upper Palmetto

