



North Area YMCA Thankful for Kathleen Sill Hoffman Hershberger's Contributions

Many say that if it wasn't for the passion and commitment from Kathleen Sill Hoffman Hershberger, the North Area Family YMCA wouldn't be in existence today.

Over 30 years ago, Kaye served as chairman of the women's committee and program coordinator for the North Area Family YMCA. Kaye was hands-on to help ensure the success of the North Area Family YMCA, tackling whatever task was needed. She was responsible for planning the Ladies Day Out program, an event designed for young mothers. She handled all of the administrative work. In addition, she was responsible for the programming including skating lessons, swim lessons and fitness classes. Programs were held at the Pitcher Hill Community Church, and the Hollyrood Park facility, prior to the North Area Family YMCA being built.

Kaye was also a member of the building committee and a member of the board of directors at the North Area Family YMCA.

L I V E S T R O N G™ *at the* YMCA

A PROGRAM OF THE YMCA AND LIVESTRONG



LIVESTRONG

The YMCA of Greater Syracuse offers the Livestrong at the YMCA physical activity and well-being program. The program addresses the special wants, needs and interests of cancer survivors. These programs and services have been developed for and with cancer survivors, which include services in the area of wellness and childcare.

The YMCA has made a difference in many lives. Now more than ever, children and families turn to the YMCA for the guidance they need to stay healthy and create supportive relationships. A gift to the Kathleen Sill Hoffman Hershberger Memorial Fund will assist cancer survivors through their journey beginning at the time of diagnosis. Your gift will support the YMCA's commitment to enhance the quality of life for cancer survivors by helping them regain control of their health and well-being during and following treatment.

Livestrong At The North Area Family YMCA Programs

- **Strive & Thrive Program:** Adult cancer survivors who wish to build muscle strength, increase flexibility and endurance, improve overall functional ability, and reduce the severity of therapy side effects.
- **Prime Time Program:** Children of cancer survivors can play, do crafts, and have fun in a safe, secure, drop-off environment, while parents attend treatment, support groups or doctors appointments.



The Kathleen Sill Hoffman Hershberger Memorial Fund

PROVIDING FAMILY MEMBERSHIP SUBSIDIES FOR
WOMEN BATTLING BREAST CANCER
AT THE NORTH AREA FAMILY YMCA

