

Atlantic Health Overlook Medical Center Community Advisory Board Awards Grant to Local LIVESTRONG® at the YMCA Program

The \$10,000 in funding comes as the Summit Area YMCA celebrates 15 years of supporting local cancer survivors through their LIVESTRONG® at the YMCA Program

SUMMIT, NJ, UNITED STATES, August 21, 2026 /EINPresswire.com/ -- The Summit Area YMCA has received a \$10,000 grant from the Atlantic Health Overlook Medical Center Community Advisory Board to support LIVESTRONG® at the YMCA, a research-based health and wellness program that helps adult cancer survivors rebuild strength, mobility, confidence, and overall quality of life following treatment.



The grant comes as the Summit Area YMCA marks 15 years of offering LIVESTRONG® at the YMCA in the local community. Since its introduction in 2011, the program has provided cancer survivors with a supportive place to take the next step in recovery through guided exercise, expert coaching, and the connection of a small group of people navigating similar experiences.

"Completing cancer treatment is an important milestone. For many cancer survivors, however, the physical and emotional toll can be draining. For 15 years, LIVESTRONG® at the YMCA has provided a place where those in recovery can regain strength, rebuild confidence, and be hopeful for a healthier life," said Anjali McCormick, President and CEO of the Summit Area YMCA. "This 12-week program is available at no cost to those who are vulnerable and most in need. Our partnership with Atlantic Health helps us to jointly ensure we continue to meet the health needs of our community."

LIVESTRONG® at the YMCA is a 12-week program tailored to the individual needs of adult cancer survivors. Participants work with specially trained YMCA instructors to safely improve cardiovascular endurance, strength, flexibility, balance, and overall wellness while building

relationships with others who understand the recovery journey.

The benefits of exercise for cancer survivors are well documented, including reduced fatigue, improved quality of life, and better emotional well-being. A peer-reviewed study of the LIVESTRONG® at the YMCA program, published in the journal Cancer, found that participants saw measurable gains in fitness and fatigue after completing the program. LIVESTRONG® at the YMCA is built around these benefits, pairing physical training with the emotional support of a small, close-knit group so participants can rebuild both strength and confidence.

Atlantic Health Overlook Medical Center is committed to building healthier communities. This commitment extends beyond the exceptional health care delivered in our hospitals, physician offices and facilities. Understanding and supporting the needs of our local communities is a priority for Atlantic Health. The Atlantic Health Overlook Medical Center Community Advisory Board, a group of individuals from throughout the communities served by the hospital, the hospital's Community Health Advisory Committee and the Atlantic Health Overlook Medical Center Community Health Department, working with the Atlantic Health Planning Department, identified priority health needs within the community, using robust data analysis and a community stakeholder survey. The Community Advisory Board awarded grants to 19 recipient organizations who proposed initiatives that address one or more priority health needs in this Fall 2026 period, including Summit Area YMCA.

"We are honored to help support LIVESTRONG® at the YMCA," said Frank Macioce, chair of the Atlantic Health Overlook Medical Center Community Advisory Board. "By working together with organizations like Summit Area YMCA, we can make a true impact for the better in the lives of our community members."

UPCOMING LIVESTRONG® AT THE YMCA SESSIONS

Two sessions will be offered this fall:

Berkeley Heights YMCA

September 15 – December 3

Tuesdays & Thursdays | 6:00–7:15 PM

Summit YMCA

October 6 – December 23

Mondays & Wednesdays | 1:00–2:15 PM

LIVESTRONG® at the YMCA is available at no cost to participants ages 18 and older and includes a complimentary YMCA membership for the duration of the program. Medical clearance from a physician is required. To learn more or get involved, please visit theSAY.org/livestrong

About Summit Area YMCA

Since 1886, the Summit Area YMCA has strengthened the communities of Berkeley Heights,

Gillette, Millburn, New Providence, Short Hills, Springfield, Stirling, and Summit through programs that promote youth development, healthy living, and social responsibility. Each year, more than 17,000 individuals engage with the Y's mission-driven services, made accessible to all through financial assistance and community support.

About Atlantic Health

Atlantic Health is at the forefront of medicine, setting standards for quality health care in New Jersey, Pennsylvania and the New York metropolitan area. Powered by a workforce of 25,000 team members and more than 5,667 affiliated physicians dedicated to building healthier communities, Atlantic Health serves more than half of the state of New Jersey including 14 counties and 7.5 million people.

The not-for-profit system offers more than 550 sites of care, including its eight hospitals: Atlantic Health Morristown Medical Center in Morristown, NJ, Atlantic Health Overlook Medical Center in Summit, NJ, Atlantic Health Newton Medical Center in Newton, NJ, Atlantic Health Chilton Medical Center in Pompton Plains, NJ, Atlantic Health Hackettstown Medical Center in Hackettstown, NJ, Atlantic Health Goryeb Children's Hospital in Morristown, NJ, Atlantic Rehabilitation Institute in Madison, NJ and Atlantic Health CentraState Medical Center in Freehold, NJ.

The system includes Atlantic Medical Group, part of a physician enterprise that makes up one of the largest multispecialty practices in New Jersey with almost 2,000 physicians and advance practice providers. Joined with Atlantic Accountable Care Organization and Optimus Healthcare Partners they form part of Atlantic Alliance, a Clinically Integrated Network of more than 4,000 health care providers throughout northern and central NJ. Atlantic Health provides care for the full continuum of health care needs through 26 urgent care centers, Atlantic Visiting Nurse and Atlantic Health Virtual Visits. Facilitating the connection between these services on both land and air is the transportation fleet of Atlantic Mobile Health.

Founded by Atlantic Health, the Healthcare Transformation Consortium is a partnership of seven regional hospitals and health systems dedicated to improving access and affordability. Atlantic Health has a medical school affiliation with Thomas Jefferson University, is home to the regional campus of the Sidney Kimmel Medical College at Atlantic Health Morristown and Atlantic Health Overlook Medical Centers and is the official health care partner of the New York Jets.

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