



For more information email
turningpoint@jacksonymca.org
or call the Y at 517.782.0537

Our Mission...

is to put Christian principles into practice
through programs that build healthy
Spirit, Mind and Body FOR ALL.

Our Purpose...

to strengthen the community by creating
safe places FOR ALL people to be healthy
and connect with each other.



**Turning Point Program
at the Jackson YMCA**

Downtown: 127 W. Wesley St.
Jackson, MI 49201

Summit: 2151 Ferguson Rd.
Jackson, MI 49203

517.782.0537
JacksonYMCA.org

Why Turning Point?

Imagine not being able to hug your loved one or pick up your child, reach towards the kitchen shelf or open the car door. Breast cancer patients and survivors often experience decreased range of motion, weakness, pain, fatigue and lymphedema (swelling of the arm). Many patients also experience distress, anger and fear.

The Jackson YMCA Turning Point program was created to meet these needs and improve the quality of life for patients with breast cancer and survivors, through specialized and evidence-based fitness classes.

What is Turning Point?

Turning Point is an exciting health and wellness program designed for breast cancer patients and survivors, made possible by local grants and funding from our Strong Kids Strong Communities annual campaign.

The program is for breast cancer patients and survivors and supports their physical and emotional health to reduce the side effects of cancer treatment and to improve their long-term quality of life.

What about Classes?

Classes focus on stress reduction, increased functioning, lowering levels of fatigue, and improving quality of life.

Classes are made up of a supportive group environment and led by trained instructors.

By adding physical activity and social connection to treatment therapies the remission and healing process can be transformative.

How Can I Participate?

- Turning Point classes are FREE for all breast cancer survivors regardless of when the participant was diagnosed.
- Survivors within 5 years of diagnosis are eligible to receive a FREE membership to the Jackson YMCA for 1 year upon registering for the Turning Point program.
- Those participants must attend at least 4 Turning Point classes per month to stay eligible.

