



FREE exercise and information program
to restore your **mobility, flexibility** and **confidence**.

Encore is a YWCA registered Australia-wide program, delivered by women, for women who have experienced breast cancer at any time in their life. It is offered FREE in over 60 locations across Australia.

FREE Encore Programs in the Hunter:

Dates: Feb/Mar & Oct/Nov

8 weeks (2 hours per week)

**Venues: Valentine, Waratah, East Maitland &
Salamander Bay (Feb only)**

YWCA Encore is funded by:



YWCA

HUNTER REGION INC

For easy client or self-referral please contact us:

YWCA Hunter Region Inc.

Office: 24 Dawson Street, Cooks Hill NSW 2300

Phone: 02 4929 2954

Fax: 02 4927 1529

Email: encore.ywcahunter@bigpond.com

Website: www.ywcahunterregion.org.au



Health

South Eastern Sydney
Local Health District



How can YWCA Encore help?

Utilising both land and water based exercises, YWCA Encore improves overall fitness as well as manages the side effects associated with breast cancer treatment including pain, fatigue, loss of mobility and loss of strength. The program can be tailored to each individual, accommodating all fitness levels.

Encore improves health and quality of life.

The program will:

- ▼ Improve mobility and flexibility in the upper body
- ▼ Improve general fitness, health and well being
- ▼ Boost body image and self esteem
- ▼ Help to relieve stress and tension
- ▼ Help to restore a sense of control
- ▼ Relieve discomfort associated with surgery and treatment
- ▼ Reduce the potential risk of lymphoedema
- ▼ Assist in the management of lymphoedema

What you can expect?

- ▼ A small group environment
- ▼ Two trained YWCA Encore Facilitators
- ▼ A structured 8 week program, 2 hours per week
- ▼ Hydrotherapy and land-based exercises
- ▼ Guest speakers and links to other service providers
- ▼ Take home exercises and information
- ▼ Peer support

A supportive environment

YWCA Encore is more than an exercise program; it provides the opportunity for women to connect with other women who share a similar experience. This sense of belonging plays an important role in the recovery process.



What is YWCA Encore?

YWCA Encore is a FREE 8 week exercise and information program designed specifically for women who have experienced breast cancer at any time in their life. In line with latest research, the program targets the side effects of surgery and treatment through mobility, stretching, aerobic and resistance exercises.

The program also offers information through guest speakers, links into local services and an opportunity to connect with women who share a similar experience in a safe, fun and supportive environment.

Participation is free, by enrolment only, and medical approval is required.