

encore



a supportive environment

YWCA Encore is more than an exercise program; it provides the opportunity for women to share their experiences, concerns and feelings in a safe and supportive environment.

Many long term friendships are forged as women progress through the 8 week program together. The sharing and sense of belonging plays an important role in the recovery process.

would you like more information?

For enrolment details and more information please call

1800 305 150

www.ywcaencore.org.au

encore is a YWCA registered Australia-wide program, conducted for women, by women, to assist those who have had breast cancer.

Ywcaencore
after **breast**cancer
gentle exercise program



supported by

AVON

helping you restore mobility, flexibility & confidence through gentle exercise.

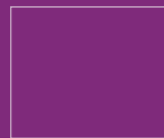
encore

The YWCA is a global network of women advancing peace, justice and human rights in more than 122 countries worldwide. In Australia, we provide programs and services to women and their families in the areas of health, education, training, childcare, housing and travel accommodation.

Privacy Notice: The YWCA collects personal information for the purposes of providing and administering the encore program. More information about how the YWCA handles personal information will be provided when you enrol. If you have any questions about privacy, including about how you can exercise your right to seek access to personal information which we may hold about you please call 02 6230 5150

Ywcaencore
PO Box 10222
Dickson ACT 2602 Australia

encore



what is ywcaencore?

YWCA Encore is an 8 week program designed specifically for women who have experienced breast cancer at any time in their life. Incorporating gentle exercises, relaxation techniques, information and support, it is safe fun and therapeutic.

The exercise program is specially designed to target areas that have been affected by breast cancer surgery and treatment. Gentle, but effective exercises improve strength, mobility and flexibility whilst the warm water in the hydrotherapy sessions relieve affected muscles. The classes provide an opportunity for women to share their experiences in a safe and supportive environment.

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



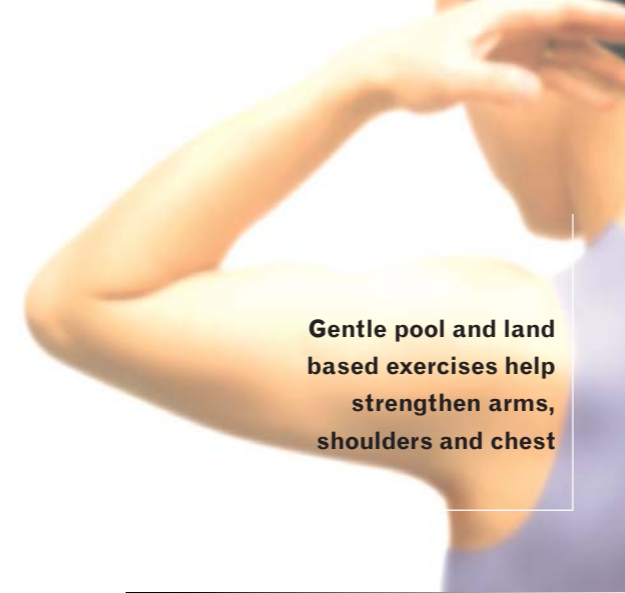
how can ywcaencore help?

After surgery and treatment for breast cancer, many women experience numbness, pins and needles, a loss of mobility and strength, and discomfort in their upper bodies.



the exercises help to:

- Improve mobility and flexibility in arms and shoulders
- Improve general fitness and well-being
- Boost self-esteem and self-image
- Relieve discomfort associated with surgery and treatment
- Reduce the potential risk of lymphoedema
- Assist in the management of lymphoedema
- Improve cardiovascular and respiratory health
- Minimise fatigue as a result of treatment
- Create a positive attitude to life and health



what you can expect

- A small group environment
- A fully trained YWCA Encore Coordinator
- A structured 2 hour program consisting of gentle land and water based exercises, support and information.
- Guest speakers and links to other service providers
- Relaxation and meditation
- Take home exercises and information

For more information and enrolment details please call 1800 305 150 or complete and forward the following information by fax: (02) 6230 5156 or by mail: YWCA Encore, PO Box 1022, Dickson ACT 2602

Name _____

Postal Address _____

State/Territory _____ Postcode _____

Tel (Home) _____

Tel (Bus/Mobile) _____

Facsimile _____

Email _____

Donate to ywcaencore

Please accept my donation of \$ _____

Cardholder Name _____

Credit Card No:

Visa Mastercard Expiry Date ___ / ___

Please send me information about:

- My nearest encore program
- YWCA programs and services
- YWCA membership
- Free subscription to national encore newsletter

ywcaencore
after breast cancer exercise program