



ENCORE

**FREE BREAST CANCER
EXERCISE AND
INFORMATION
PROGRAM**



YWCA
Australia

ENCORE

BREAST CANCER EXERCISE PROGRAM

Based around gentle pool and land exercises, Encore is designed specifically for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery. The free program runs for two hours a week over eight weeks.

Most importantly, Encore provides the opportunity to connect with other women who share a similar experience. Support and connection with peers is an important role in adjusting to life post-cancer.



It's not just about the exercise. It's given me peace of mind, knowing that I'm not the only one going through this. I now see myself having a physically and psychologically healthy and bright future."

Encore participant

HOW DOES ENCORE HELP?

Encore can help to improve overall fitness as well as manage the side effects associated with breast cancer treatment. This includes improving mobility and flexibility in the upper body, relieving the discomfort associated with surgery and treatment, and reducing the risk of lymphoedema.

Importantly, Encore also focuses on mental health and wellbeing with a focus on body image, self-esteem and reducing stress and tension.

The program is tailored to participant needs, accommodating all fitness levels.

Encore is a proven program with, on average:

- 80% of participants demonstrating increased strength
- 95% of participants demonstrating increased aerobic endurance
- 70% of participants demonstrating improvements in flexibility

FIND OUT MORE AT YWCAENCORE.ORG.AU





WHO CAN WE HELP?

Have you had a mastectomy, lumpectomy or breast reconstruction surgery after experiencing breast cancer? You may experience numbness, pins and needles, loss of mobility, and discomfort in your upper body after surgery.

Encore can help relieve these symptoms through specially tailored post breast cancer surgery exercises.

Participation is by enrolment only and requires medical approval. For term dates and registration information, please contact us on the email address below.

CONTACT US: ENCORE@YWCA.ORG.AU



WHAT CAN YOU EXPECT?

A tailored program in a safe, supportive and fun small group environment

- Two fully trained YWCA Encore facilitators
- Hydrotherapy and land exercises to suit all fitness levels
- Weekly guest speakers and links to other service providers
- Take home exercises and information
- Connection with a group of peers who share a similar experience



I have learnt things about breast cancer which I didn't know before and learnt about resources I can access. Everyone has been so nice and friendly, and it's been a wonderful thing to be a part of – big thanks!"

Encore participant

**YWCA AUSTRALIA'S
FREE ENCORE BREAST
CANCER EXERCISE AND
INFORMATION PROGRAM
SUPPORTS WOMEN WHO
HAVE EXPERIENCED
BREAST CANCER TO
RESTORE MOBILITY,
FLEXIBILITY AND
CONFIDENCE.**

CONTACT DETAILS

To contact an Encore Coordinator in your state:

Tel: 02 9285 6264

Freecall: 1800 305 150

(not available from mobiles)

Text: your name and postcode to 0449 904 011

Email: encore@ywca.org.au

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