



REGISTER NOW FOR ENCORE!

WHAT IS YWCA ENCORE? A FREE 8-week land and water-based exercise and education program specifically for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery. The program runs for two hours a week over eight weeks and is safe, fun and therapeutic.

Support and connection with peers plays an important role in adjusting to life post-cancer. Encore provides the opportunity to connect with others who share a similar experience.

WHO CAN PARTICIPATE? Women who have had breast cancer surgery and/or treatment at any time in their lives.

PROGRAM DETAILS:

Suburb:

Day:

Dates:

Time:

To register or for more information:

- **CALL or TEXT:** 0449 904 011
- **EMAIL:** encore@ywca.org.au
- **WEBSITE:** www.ywcaencore.org.au

Note - Attendance is by enrolment only and medical approval is required.