

# Encore

The health and wellbeing of individuals and families within our communities is essential to ensure they can have happy and productive lives. We focus our support on health issues with a focus on prevention, healthy lifestyles and wellbeing.

## What is Encore?

YWCA Encore is a free exercise and information program specifically for women who have experienced breast cancer at any time in their lives. It's an inspiring and empowering approach to recovery from breast cancer, which aims to meet the exercise and support needs of women after the trauma of their treatment in a nurturing non-medical environment. The Encore program commenced in NSW in 1996 and it now being delivered in 43 locations across the state from central Sydney all the way to Broken Hill

## What's involved?

Encore, through targeted exercises, can help relieve common side effects associated with surgery and treatment. This can include pain, fatigue, loss of mobility, and loss of strength in their upper bodies.

The 8 week program (two hours per week) incorporates land and hydrotherapy exercises in a small group environment with trained Encore facilitators and is overseen by an Advisory Committee of health professionals. The land exercises include mobility and stretching exercises focused on the upper body and aimed at maintaining and improving range of motion. The pool session includes aerobic based exercises to build or maintain cardiovascular and cardiorespiratory fitness and strengthening/resistance exercises to help maintain or build muscular fitness and endurance. Pool temperatures are between 29 and 34 degrees.



Our information sessions incorporate relaxation and links to other service providers. A minimum of four guest speakers are provided on a range of relevant health and wellbeing topics.

### Benefits of the program include:

- improved mobility and flexibility in the upper body
- boosting your self-esteem and self-image
- relieving any discomfort you may be experiencing as a result of surgery
- reducing the potential risk of lymphoedema
- assisting women with lymphoedema; and
- creating a positive attitude to life and health

More than an exercise program, Encore provides a supportive environment where women can connect with other women who share a similar experience.

### Contact us

If you would like more information please contact:

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