



YWCA Encore is kindly supported by:



In Hawkes Bay, Encore is provided in partnership with the **Weem Trust**

Ted & Mollie Carr Endowment Fund

Proudly managed by



Photos by Maree Turner. With thanks to the women of the West Auckland March 2011 Encore Programme.

Donations to help more women participate in Encore programmes can be made online or posted to the YWCA Auckland.

PO Box 8749, Grafton, Auckland 1150.

For more information, programme schedules & enrolment details:

**Website:** [www.akywca.org.nz](http://www.akywca.org.nz)

**National phone line:** 0800 ENCORE (0800 362 673)

Details of your local Encore Coordinator:



**encore**

after breast cancer  
gentle exercise programme

helping you restore mobility,  
flexibility and confidence through  
gentle exercise



**free**  
programme

Greetings, Kia ora, Talofa lava,  
Malo e lelei, Nisa bula vinaka,  
Fakaalofa lahi atu, 你好



**encore**  
after breast cancer  
gentle exercise programme

## what is encore?

YWCA Encore is a gentle exercise programme for women who have had breast cancer surgery at any time in their lives. Encore is an eight week programme of specifically designed pool and floor exercises, healthy lifestyle information, relaxation and peer support.

Encore is a national programme run by the YWCA, a community based, non profit organisation. An advisory group of medical experts oversee the programme.

## how can encore help?

We know that after surgery many women experience numbness, pins and needles, loss of mobility and discomfort in their upper bodies. Encore can help relieve these problems through gentle stretching exercises.

Encore benefits participants, regardless of whether they attend eight weeks or 30 years post surgery!

## participation in encore is **free**

Participants are eligible to attend from **eight weeks post surgery**. The exercise programme 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 relieves affected muscles. The classes provide an opportunity for women to share their experiences in a safe and supportive environment.

**“ I have become more supple and stronger and sleep better. I have loved being involved in every aspect of the programme and enjoyed all the interesting speakers. Thank you. ”**

ENCORE PARTICIPANT



### We aim to help you:

- Improve mobility and flexibility in your arms and shoulders
- Relieve any discomfort you may be experiencing as a result of surgery
- Manage the symptoms of existing lymphoedema and reduce the risk of developing lymphoedema
- Laugh, relax and have fun



GUEST SPEAKER

Attendance is by enrolment only. GP, Oncologist or Breast Surgeon approval is required.



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