



Would you like more information?

taking control of your life

ywcaencore isn't just for women recovering from recent surgery; it's for women who have had breast surgery at any time in their lives. Everyone is welcome!

a supportive environment

ywcaencore 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.



Contact your local **encore** provider for more information and program dates:

YMCA-YWCA Greater Victoria

851 Broughton Street
Victoria, BC V8W 1E5

Contact Phone:

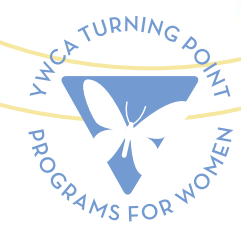
Melissa Gresley-Jones 250-418-1848
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Contact Email:

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ywca encore

after breast cancer exercise program



take control

YMCA-YWCA Greater Victoria



what is ywcaencore?

ywcaencore is a FREE 8-week program designed specifically for women who have experienced breast cancer at any time in their lives. Incorporating gentle exercises, relaxation techniques, information and support, it is safe, fun and therapeutic.

The exercise program has been designed by medical specialists to target areas that have been affected by breast cancer surgery and treatment. Gentle, but effective exercises improve strength, mobility and flexibility while 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
- minimize fatigue as a result of treatment
- create a positive attitude towards life and health

Gentle pool & floor exercises help strengthen and tone your arms, shoulders and chest



what you can expect

- a small group environment
- a fully trained **ywcaencore** 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



The encore program is for women who have undergone breast cancer surgery at any time in their lives