

# Exercise Program for Women after Breast Cancer Surgery

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## **What is YWCA Encore?**

Through land and water based exercises, the Encore program focuses on increasing mobility, strength and general fitness whilst restoring confidence in a relaxed, positive and fun environment. Information sessions with guest speakers provide links into local community services and resources.

## **Who can take part?**

Women who have had breast surgery at any time in their lives are invited to enrol in the program with varying levels, the land and pool exercises are designed to accommodate all. Participants are encouraged to work at their own speed, and to their own ability, and there is no pressure to keep up with others. Participants do not need to be able to swim, and all pools are at a comfortable temperature.

## **What do the participants say?**

“I have been motivated by the program to resume my usual walking routine and am now walking further than ever before – Thank You”  
Frenchs Forest Participant

“I have found great benefit from doing the group exercises and have really enjoyed the fun and camaraderie of the other women”  
Bathurst Participant

“Great program, thanks so much. Was a little nervous about doing a group activity but thoroughly enjoyed it”  
Waratah Participant

**To enrol or for more information phone (02) 92856264, SMS 0449 904 011 or email [encore@ywcansw.com.au](mailto:encore@ywcansw.com.au). Attendance is by enrolment only and medical approval is required.**

YWCA Encore is a free 8 -week program for women who have experienced breast cancer.

YWCA Encore is an exercise program designed specifically for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery at any time in their

lives. Based around land and pool exercises, it is safe, fun and therapeutic. Encore can help you strengthen and tone your arms, shoulders and chest, regain mobility, and improve your general fitness.

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 specifically tailored after breast cancer surgery exercises.

**We aim to help you:**

- Improve health and quality of life
- Improve fitness, mobility and strength
- Reduce the risk of developing breast cancer treatment-related side effects including pain, fatigue and lymphedema
- Reduce or manage side effects of breast cancer treatment including pain, fatigue and lymphoedema
- Relieve stress and tension
- Have more information on breast cancer resources, healthy living choices and links to local service providers
- Improve body image and self esteem
- Restore a sense of control
- Have an opportunity to share experiences with other women who have been treated for breast cancer
- Enjoy laughter, relaxation and fun