



## what is ywca encore?

YWCA ENCORE is a free 12-week program for those who have experienced cancer at any point in their lives. ENCORE integrates a dynamic approach to wellness by offering gentle land and warm water pool therapeutic exercises, relaxation techniques, featured guest speakers, special events, ongoing peer group support and fun.

The ENCORE program is designed to meet the rehabilitative needs of cancer patients and survivors. On land and in the warm water pool, skilled instructors lead participants through gentle yet effective functional training exercises to improve balance, core strength, mobility, flexibility, overall strength and comfort. The ongoing peer group support sessions provide an opportunity to share experiences and foster new connections in a safe and supportive environment in a variety of local venues.

## what you can expect

- ▶ Peer support group—ENCORE Corner Table (see back panel for information)
- ▶ A small group environment
- ▶ Land exercise featuring gentle strength training and body awareness techniques
- ▶ Therapeutic aquatic exercise to maximize comfort and functional health
- ▶ Attentive and customized fitness guidance from fully trained YWCA ENCORE Instructors
- ▶ Guest speakers
- ▶ Feature presentations

*"I have seen such an improvement in my balance and overall strength." PB*



## how the ywca can help?

Cancer, its treatment and side effects can pose many temporary and longer-term challenges including numbness and sensory loss, compromised mobility, fatigue, weakness and general physical and psychological discomfort. ENCORE combines effective guided exercise principles along with support groups, and special events to create a comprehensive wellness program for cancer patients to address their unique needs.

## gentle exercises

- ▶ Minimize fatigue, weakness and sleeplessness
- ▶ Improve mobility, flexibility, balance & core strength
- ▶ Boost self-esteem, self-image and empowerment
- ▶ Relieve discomfort associated with common side effects of cancer and treatments
- ▶ Maintain functional comfort and capability
- ▶ Reduce the potential of lymphedema
- ▶ Provides the opportunity to share experiences, concerns and feelings in a safe and supportive environment
- ▶ Many long term friendships are forged as participants progress through the program together

*"So thankful for this group as it supports and motivates me. We never thought we could be so happy being active." PL & KB*

## class information\*

### encore

ENCORE is a free 12-week program offered with ongoing enrollment throughout the year.

### after encore

AFTER ENCORE is offered to all participants who have completed the ENCORE program.

Monday: 6:30–7:30 pm

Tuesday: 12:15–1:30 pm

Wednesday: 6:30–7:30 pm

### private warm water pool access

Sunday: 11:00–12:00 pm (warm water pool only)

### to enroll

Visit our website at [www.ywcanewburyport.org](http://www.ywcanewburyport.org) to download an application or visit our membership desk. *Please have your attending physician sign the medical release.*

For more information please call:

Ilene Harnch-Grady

Health & Wellness Director Encore Director

YWCA Greater Newburyport

**(978) 465-9922 Ext. #13**

**Email: [igrady@ywcanewburyport.org](mailto:igrady@ywcanewburyport.org)**

*\*Based on current schedule.*

**For more offerings see the back panel.**