

# taking control of your life

Encore 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!

We believe that - in conjunction with relaxation techniques, a healthy diet and support from your network of family and friends – exercise therapy can help you take control of your life by improving your mobility, comfort and fitness.

Encore can have you feeling better about yourself and enjoying a greater sense of health and vitality.



Kindly supported by:



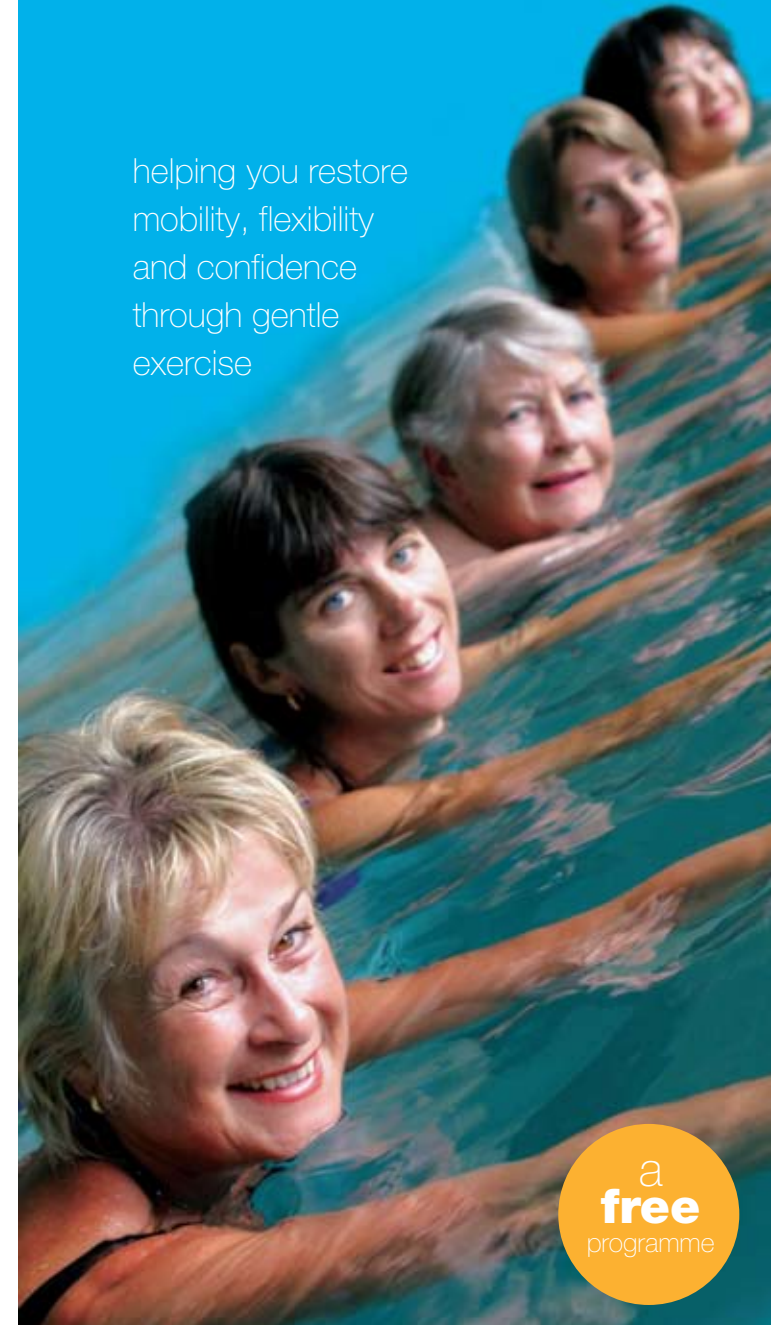
In Hawkes Bay and Otago, Encore is provided in partnership with the Cancer Society of New Zealand

For dates, times and venue details of Encore classes in your area, please phone **0800 Encore (0800 362 673)**

# ywca encore

after breast cancer  
gentle exercise programme

helping you restore mobility, flexibility and confidence through gentle exercise



a  
**free**  
programme

# what is encore?

Encore is an exercise programme designed for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery at any time in their lives. It is based around floor and pool exercises and relaxation techniques and is designed to be safe, fun and therapeutic.

The water resistance exercises are gentle but effective and the warm water relaxes and relieves affected muscles. Encore can help you strengthen and tone your arms, shoulders and chest, regain mobility and improve your general fitness level.



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



# 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.

## We aim to help you:

- Improve mobility and flexibility in your arms and shoulders
- Boost your self-esteem and self-image
- Relieve any discomfort you may be experiencing as a result of surgery
- Reduce the potential risk of lymphoedema
- Create a positive attitude to life and health.



# participation in encore is **free**

Encore is more than an exercise programme. You will be able to share your experiences, concerns and feelings with women who understand what you have been through. We believe that a supportive environment is an important part of the recovery process.

The encore programme is for women who have undergone breast cancer surgery at anytime in their lives. Attendance is by enrolment only and GP or specialists approval is required.



For more information and enrolment details please call 0800 ENCORE (0800 362 673), or email [encore@akywca.org.nz](mailto:encore@akywca.org.nz) or contact us at PO Box 8749, Symonds Street, Grafton, Auckland 1150.