



Nurturing your
body, mind, and
spirit ❤️

YWCA Encore

A free program for women who have had breast cancer

YWCA Encore is more than just a gentle exercise program. It also offers learning opportunities, practical advice, and a supportive network.

YWCA Encore is a **FREE 8-week** exercise and education program that runs from October through November. Classes are designed for women who have experienced mastectomy, lumpectomy, or breast reconstruction surgery at any time in their lives. YWCA Encore class features an educational presentation by a guest speaker and time for sharing and discussion, followed by gentle exercises on land and in the pool with the goal of increasing strength, mobility, and flexibility.

Pre-registration is required.

Thursdays 12:00 - 2:00 pm
October 12th - November 30th, 2023

Location:

Ryerson Recreation Centre
251 Duke St. Hamilton

To secure your spot and to register contact:

Anne Marie Collingwood at 905-522-9922 ext. 158
or acollingwood@ywcahamilton.org

ywcahamilton.org/encore

Presented by:

