



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 of fellow survivors.

YWCA Encore is a **FREE 8-week exercise and education program** that runs from **Oct 3rd to Nov 21st**. Classes are designed for women who have experienced mastectomy, lumpectomy, or breast reconstruction surgery at any time in their lives. Each 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.

Thursdays 12:00 - 2:00 pm

Pre-registration is required.

October 3 - November 21, 2024

Location:

Kanétskare 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:

