



FREE exercise program for women who have had breast cancer

What is YWCA Encore?

To assist women in their recovery from breast cancer, YWCA Encore combines land and hydrotherapy pool exercises to improve mobility, strength, flexibility, general fitness and self confidence.

Guest speakers around health and well-being are also part of the program which takes place in a relaxed, positive and fun environment.

Who can take part?

Women who have had breast surgery at any time in their lives are invited to enroll in this program. (minimum of 8 weeks post op)

What does it involve?

The program runs for 2 hours a week over 8 weeks.

Land based and hydrotherapy pool exercises are tailored to each individual, accommodating all fitness levels. Building fitness strength and mobility by adding exercises every fortnight, this program delivers 60-90% improvement in flexibility and fitness measurements. Guest speakers and peer support, this prescriptive program delivers!

Attendance is by enrolment only and completion of a medical clearance is required.

Email: programs@ywcaperth.com.au

Helping you restore mobility, flexibility & confidence through exercise



Department of Health

GOVERNMENT OF WESTERN AUSTRALIA