



**Nurturing your
body, mind, and
spirit ♥**

Encore from Home

A free virtual 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. 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 with a goal of increasing strength, mobility and flexibility.

Pre-registration is required.

Live Stream Virtual classes run on ZOOM:

Thursdays 1:30 p.m. to 3:30 p.m.

October 7th to November 25th

For more information or to register contact:

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ywcahamilton.org/encore



Presented by:

