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The YWCA Greater Newburyport is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

Call
978-225-6510
Ilene Harnch-Grady
Health & Wellness &
Encore Director



**YWCA Encore Land Class
in our newly renovated
Group Exercise studio**

Program Days and Times

Warm Water Pool classes

Monday:/Thursday 6:05 pm

*Tuesday: 12:30 pm

Live—Land classes

*Tuesday 11:30 am/Thursday: 5:15 pm

“All Levels Strength/Balance”

*class taught in conjunction with
YWCA Member/Arthritis class.

ZOOM Land Class Options

Encore participants are welcome to
join any YWCA Zoom class.

Link via YWCA website

Group Exercise schedule at
www.ywcanewburyport.org

Please contact :

**Ilene Harnch-Grady
Health & Wellness & Encore Director
YWCA Greater Newburyport**

(978) 225-6510

**YWCA Greater Newburyport
Encore and After Encore Program**

13 Market Street

Newburyport, MA 01950

www.ywcanewburyport.org

YWCA Greater Newburyport Encore & After Encore



Surviving and Thriving Through Cancer:

A unique exercise “Survivorship Program”
for those who have experienced cancer at
any time in their lives.
Helping to restore strength, mobility,
flexibility and confidence through gentle

“Encore gave me my life back.” ML

*“I have seen such an improvement and
balance in my overall strength.” PB*

*“So thankful for this group as it
supports and motivates me. We
never thought we could be so happy being
active.” PL & KB*

What is YWCA Encore

- ◆ YWCA Encore is a unique, free 12-week “survivorship program” for those who have experienced cancer at any point in their lives.
- ◆ ENCORE integrates a dynamic approach to wellness by offering gentle land and warm water pool therapeutic exercises, relaxation techniques, featured guest speakers, special events and access to ongoing peer support groups.
- ◆ Encore is designed to meet the rehabilitative needs of cancer patients, survivors and thrivers. On land and in the warm water pool, trained program leaders lead participants through gentle yet effective functional training exercises to improve balance, core strength, mobility, flexibility, overall strength and comfort.

What Is YWCA After Encore

- ◆ After Encore is available to participants who have completed the YWCA Encore program. Participants can opt into a self-selected payment plan.

Measuring Progress

- ◆ All Encore participants will be onboarded via an evidence-based Functional Fitness Assessments and Quality of Life surveys which assesses upper and lower body Strength, agility and flexibility along with a Quality of Life and Physical Activity Assessment Tool surveys.

Peer Support Groups

- ◆ All Encore/After Encore participants are welcome to join the “Tough Warrior Princesses/Warrior Chat” support groups at 7:00 pm held the 2nd Thursday of every month at:

Tough Warrior Princesses Headquarters
50 Market Street
Amesbury, MA.

How the YWCA Can Help

- ◆ Cancer, treatment and side effects can pose many temporary and longer-term challenges including numbness and sensory loss, compromised mobility, fatigue, weakness and general physical and psychological discomfort.
- ◆ ENCORE combines effective guided exercise principles both on land and in the warm water pool for survivors and thrivers to address their unique needs.

What you can expect

- ◆ A comfortable, safe and small group environment.
- ◆ Access to Peer Support Groups through collaboration with the Tough Warrior Princesses.
- ◆ Land exercises featuring gentle strength training, balance training, core strengthening and overall functional training.
- ◆ Therapeutic aquatic exercise to maximize comfort and functional health.
- ◆ Attentive and customized fitness guidance from fully-trained YWCA Encore instructor.
- ◆ Featured presentations and guest speakers.
- ◆ Social experience in a warm, safe and inclusive atmosphere.

YWCA Encore Princeton, NJ

- ◆ In collaboration with the YWCA Princeton, New Jersey Breast Cancer Resource Center (NJ/BCRC), gentle land classes are offered Tuesday at 11:30 am to NJ/BCRC participants via Zoom.
- ◆ YWCA Greater Newburyport Encore participants are able to access all YWCA Princeton, NJ remote programs offering cancer resources and support.

Donate

- ◆ Your support of our Encore and After Encore program helps to continue this free Encore program.
- ◆ To donate please make your checks payable to:

YWCA Greater Newburyport
13 Market Street,
Newburyport, MA. 01950.

or

visit our website at:
www.ywcanewburyport.org

To Enroll

Please visit our website at:
www.ywcanewburyport.org
to download an application or
visit our membership desk.

Please have your attending
physician sign your medical release
found on the application.

**Open Registration dates:: Jan
1, March 1, May 1, July 1,
Sept. 1 and Nov 1.**



Encore holiday party

YWCA IS ON A MISSION