

# YWCA IS ON A MISSION

## Our Mission

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

Call  
978-225-6510 Ext. #13  
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:

Tuesday 12:15—12:45 pm

Thursday: 5:15—6:00 pm

### \*Land classes

Monday: 10 am Basic Yoga

Tues/Thurs: 11:30—12:10 pm

\*chair options available

Class schedule subject to  
change based on schedule and  
attendance

Rolling Registration

Please contact :

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

(978) 225-6510 Ext. #13  
igrady@ywcanewburyport.org

YWCA Greater Newburyport  
Encore and After Encore Program  
13 1/2 Pond Street  
Newburyport, MA 01950

[www.ywcanewburyport.org](http://www.ywcanewburyport.org)

## YWCA Greater Newburyport

## Encore & After Encore



## Surviving and Thriving Through Cancer

Helping you restore strength, mobility,  
flexibility and confidence through gentle  
land and water exercise, and access to  
ongoing peer support group.

*“Encore gave me my life back.” ML*

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

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## What is YWCA “Encore”

- ◆ YWCA Encore is a free 12-week 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.
- ◆ \*The YWCA partners with the Tough Warrior Princesses with access to monthly support groups.

## What Is YWCA “After Encore”

- ◆ After Encore is available to participants who have completed the YWCA Encore program. Participants can opt into a payment plan in accordance with their financial situation.

## Measuring Progress

- ◆ All Encore participants will be onboarded via an evidence-based Functional Fitness Assessment 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 held the 2nd Thursday of every month at Ovedia Artisan Chocolates, 36 Main Street, Amesbury, MASS 7:00 pm.

## 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 and inviting atmosphere.



Warm Water Pool Exercise class

## Donate

- ◆ YOUR SUPPORT of our Encore and After Encore program helps to continue this free Program.
- ◆ To **Donate** please make your checks payable to: YWCA Greater Newburyport and mail to: 13 Market Street, Newburyport, MA. 01950.
- ◆ Visit our website at: [www.ywcanewburyport.org](http://www.ywcanewburyport.org) to **Donate**.

## To Enroll

Please visit our website at: [www.ywcanewburyport.org](http://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.

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



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