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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 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:

Monday: 6:00– 6:45 pm
Tuesday 12:15—12:45 pm
Thursday: 5:15—6:00 pm

Live Land classes

Monday: 10 am: Basic Yoga
Tuesday 11:30 am—Gentle Exercise
*chair options available

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 Ext. #13
igrady@ywcanewburyport.org**

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

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

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

YWCA IS ON A MISSION

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.
- ◆ *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 self-selected payment plan.

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, MA 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.



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.
- ◆ **To donate—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.



Encore and After Encore
A unique exercise “Survivorship Program for those who have experienced cancer at any time in their lives.

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