



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

## **YWCA Encore**

**A free 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 on land and in the pool with the goal of increasing strength, mobility and flexibility

**Pre-registration is required.**

**Thursdays**

**12:00 - 2:00 pm**

**April 23rd - June 11th, 2026**

**Location: Kanétskare Recreation  
Centre 251 Duke St. Hamilton**

**To secure your spot and to register contact:**

Anne Marie Collingwood at 905-522-9922 ext. 158  
or [acollingwood@ywcahamilton.org](mailto:acollingwood@ywcahamilton.org)

[ywcahamilton.org/encore](http://ywcahamilton.org/encore)

