

YWCA **Encoreplus** Program

What is **Encoreplus**?

Encoreplus is a national trademark program of the YWCA, a global social movement dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. Run by women for women, **Encoreplus** has been providing educational outreach, and supportive services to breast and cervical cancer screenings to medically underserved women since 1994.

The second component of the program, **Encoreplus II**, is designed to provide supportive services to breast cancer survivors in a caring and supportive environment through a combination of support groups and exercise activities to help women regain their physical strength and mobility by a combination of land and water exercises while also promoting mental and emotional recovery. **All **Encoreplus** program services are offered free of charge!**

How Does Exercise Benefit Breast Cancer Patients?

By...

- Strengthening chest, back, arm, abdominal and leg muscles.
- Improving functionality of shoulders, back, and arm muscles in cases where pectoral muscles and lymph nodes have been removed.
- Improving muscle and joint flexibility.
- Fostering friendships.
- Improving self image.
- Building self-esteem.

Each year, thousands of women benefit from these YWCA programs. Now you have the opportunity to take advantage of the **Encoreplus** program and build a happier and healthier you!

For information or to register for water/land exercise programs offered by the YWCA, please contact:

Minerva Grullón, Coordinator
Women's Health Advocacy Services or
978.687.0331 x1048

Carla McCormack
Health Promotion Services Director
978.687.0331 x1060

About the YWCA

The YWCA of Greater Lawrence is a long-standing organization dedicated to improving the lives of underserved community women and children. Offering programs at little or no-cost, we strive to help them overcome challenges of poverty, violence, illiteracy, homelessness and inaccessibility to breast cancer and other health-related services, by providing a variety of programs including women's health and housing services, affordable child care, domestic violence and sexual assault prevention programs, safe after-school enrichment programs, as well as a host of health & fitness activities for everyone. Visit our website at: www.ywcalawrence.org.

List of Breast Cancer Support Groups in the Greater Lawrence Area
Lista de Grupos de Apoyo en el Área de Lawrence

English / Inglés

Lawrence General Hospital

1 General Street

Lawrence, MA

Contact Person/*Persona a Contactar*—Penny Bardsley, RN, Breast Cancer Coordinator
(978) 683-4000 x 8085

Group meets 1st Thursday of every month at 3:00pm

Grupo se reúne el 1er jueves de cada mes a las 3:00pm

Holy Family Hospital

70 East Street

Methuen, MA

Contact Person/*Persona a Contactar*—Joann Voight, RN
(978) 687-0156 X 4179

Group meets every Monday, 7—8:30pm

Grupo se reúne todos los lunes de 7—8:30pm

Spanish / Español

New Balance Foundation

Imaging Center

Greater Lawrence Family Health Center

34 Haverhill Street

Lawrence, MA

Contact Person/*Persona a Contactar*—Sylvia Cata, RN
(978) 689-6597

Group meets the 2nd and 4th Friday of every month at the YWCA of Gr. Lawrence, 5:00—6:00pm

Grupo se reúne el 2do y 4to viernes de cada mes en la YWCA de Lawrence de 5:00—6:00pm