



FOR IMMEDIATE RELEASE

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HARWICH--The Pilates School in Harwich Center is now offering exercise classes specifically aimed at women who have had surgery for breast cancer.

“Moving Beyond Breast Cancer: Pilates for Survivors” is open to any woman, regardless of fitness level, who would like to try Pilates as a mode of rehabilitation after breast cancer surgery.

Lyn Wilkinson, owner of The Pilates School, recently received her certification to offer Pilates to women who have had this surgery. Under the direction of Dr. Suzanne Martin, physical therapy expert and owner of Pilates Therapeutics in Alameda, Calif., Wilkinson completed 200 hours of study in the physical rehabilitation of breast cancer patients.

“While not a survivor myself,” Wilkinson says, “breast cancer has touched my life deeply, multiple times, including my mom, both grandmothers and mother-in-law. Knowing how little rehabilitation is offered most women post-surgery, I feel compelled to help.”

For more information about the classes, call 508-432-2111 or visit [www.thepilatesschool.com](http://www.thepilatesschool.com).

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