



FOR IMMEDIATE RELEASE

September 28, 2011

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HARWICH--Lyn Wilkinson, owner of the Pilates School in Harwich, has received her certification to offer Pilates to women who have had surgery for breast cancer.

"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."

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 physical rehabilitation of breast cancer patients. For more information, call 508-432-2111 or visit www.thepilateschool.com.

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