

**GAIN STRENGTH | COMBAT FATIGUE**

# Pilates Class

Join us to discover an hour of low impact exercise, stretching, and breath work!

**2<sup>nd</sup> Thursday of each month**  
**2:00 to 3:00 pm - via ZOOM**

**Hearst Cancer Resource Center**



## Meet the Instructor



**Casey Canino**

Facilitator Casey Canino holds a Bachelor of Fine Arts degree in Musical Theatre and is a BASI (Body Arts and Science International) Pilates instructor. As well as being certified with The Pink Ribbon Program (a Pilates based recovery program for breast cancer), she holds certificates as a Reiki Level 1 practitioner and in Foundation

Training. Casey combines the philosophy of integrating body, mind and spirit through intelligent, functional and mindful movement. She is passionate about restoring proper movement patterns and posture in her clients.

Pilates is a corrective exercise method designed to connect you towards your core musculature and posture. You will develop strength, flexibility, and body awareness. With an emphasis on breath, movement, coordination, stabilization, and rehabilitation, attendees will develop muscular strength in a non-threatening, safe environment. With special attention to the rehabilitative needs of those in the midst of or recovery from a cancer diagnosis—including those with lymphedema—Pilates is a wonderful tool to find strength and stability again. Combat fatigue, connect to your breath, strengthen core muscles, and create a firm foundation.

**For reservations or more information, please call Hearst Cancer Resource Center at 805.542.6234**

— Participants will need to a mat —



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