



# CANCER SURVIVORSHIP FAITH BASED PILATES

Faith-based Pilates is a type of Pilates workout that incorporates spiritual and mental aspects to achieve a balanced well-being.

This class is designed for participants of the Cancer Survivorship program and all survivors, taught by Shari Felici who is an experienced Physical Therapist Assistant and Pilates Instructor with a background in professional dance and instruction.

**FREE AND OPEN TO THE PUBLIC**



First and Third Saturday Each Month  
11am - 12:00pm



Oneida Family YMCA  
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FOR MORE INFORMATION:  
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