

Innovative Breast Cancer Events Inspire Hope

Longevity Pilates Assists Survivors and Raises Funds for a Cure



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Breast Cancer. The Big C. Women and men alike mention the phrase in hushed tones, often envisioning the worst. Hair loss, disfigured torsos, lethargy, and personality swings can all be signs of

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Longevity Pilates hosts Breast Cancer events: Fundraiser on Oct. 27th + More

Neighborhood: West Orange

West Orange, NJ 07052

United States of America

Cancer Exercise Specialist with the internationally lauded Pink Ribbon Program.

More than 80 Pilates studios around the world currently participate in the [Pink Ribbon Program](#). Created by exercise physiologist and Pilates trainer Doreen Puglisi, who saw a need in her client base, the exercise program addresses the specific post-op recovery commonalities that breast cancer survivors face. "This program is suitable whether your surgery was recent or several years ago and accommodates all fitness levels," says Puglisi.

a patient in the midst of treatment. The less apparent side of treatment for [breast cancer](#) today also includes massage to ease aching bodies, chiropractic to adjust the frame, reiki to reduce stress and promote healing, and [Pilates](#) to retrain the breath and muscles.

At [Longevity Pilates studio](#) in West Orange, NJ, clients participate in Pink Ribbon Pilates classes, which focus on assisting women recovering from breast cancer in regaining full range of motion in areas of the body affected by breast cancer surgery. After finishing breast cancer treatment herself, studio owner Donna Zaloom became inspired. Breast Cancer gave me the "now or never" push to finally open my own studio, and to help women deal with the after effects of breast cancer treatment. She is now a Breast