

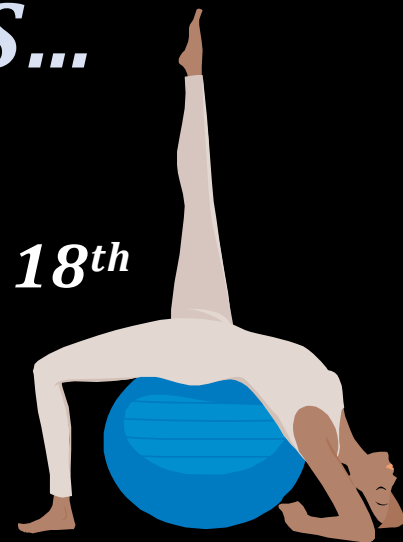
Windsor Essex RNAO Presents...

# *RNAO Pilates with PERKS...*

*A Benefit Pilates Class*

*To Support a Local Nurse*

*Saturday January 18<sup>th</sup>*



**Amanda Ellard-Ryall is a Windsor RN, who was recently diagnosed with breast cancer.**

**Come work up a sweat with Instructor Francesca Ala. Raise awareness and support for Amanda, AND be entered to win one month of FREE Pilates!**

**Date: January 18<sup>th</sup> 2014**

**Time: 12:45- 2:00**

**Location: Breathe Pilates & Fitness Studio  
(420 Kildare Rd #101, Windsor, ON N8Y 3G4)**

**Cost: accepting donations for Amanda and her family**

**Grab your water bottles and join us for the afternoon!!**



**For more information contact Megan Carlone:  
carlonemml@gmail.com**