Founder
Doreen Puglisi is the founder and program director for the Pink Ribbon Program. She opened her first facility in 1998 and her second in 2002. As an exercise physiologist, Doreen is dedicated to quality Pilates instructions, as well as design and implementation of specialty programs for clients with specific medical limitations.

While working with patients who were breast cancer survivors, Doreen saw a need to design a specific post-operative program for these survivors, which is why she set up the Pink Ribbon Program.

This need became even more apparent to Doreen, when she was diagnosed with breast cancer herself. After undergoing a total mastectomy, she came to a sudden realisation that the pain associated with the surgery and the loss of mobility in her affected arm was not something she was prepared for.

The Pink Ribbon Program has been set up by Doreen as she herself did not have access to the correct physiotherapy post-operatively. This program has been designed to regain the range of motion, as well as strength in the affected areas of the body.

CircleReading is a new-build hospital with great facilities, including a five-star deli bar and menu, offering a range of healthy meals, created by our Michelin trained chef. After your Pilates session, why not enjoy the great amenities that the hospital offers?

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Pink Ribbon Program
Post-operative workout, enhancing recovery, and offering strength, self-esteem and quality of life to breast cancer survivors.
About the Pink Ribbon Program
The Pink Ribbon Program is a specialised post-operative workout, designed to enhance recovery for those patients who have undergone surgery following breast cancer.

The program will help stretch and strengthen the shoulder, chest, back and abdominal muscles, allowing women to regain full range of motion to those areas affected by breast cancer surgery.

It consists of:
- an initial assessment
- twelve half-hour exercise classes
- a final assessment on completion of the program
- an exercise booklet and band

You are also welcome to visit the Atrium at CircleReading hospital following your exercise class. Here you can relax, have a drink, maybe stay for lunch and chat with other breast cancer patients in a calm and therapeutic environment.

Benefits of the Pink Ribbon Program
- Reduces feelings of depression
- Improves self-confidence and control
- Helps regain strength and mobility in affected shoulder and arm
- Enhances energy levels
- Helps to control weight
- Improves sleep
- Alleviates fatigue
- Decreases stress and tension
- Enhances physical and mental wellbeing

Post-rehabilitation breast cancer exercise specialist
The breast cancer exercise specialist (BCES) is a professional, who is qualified to assess, design and implement individual and group exercise and fitness programs for those diagnosed with cancer. At CircleReading hospital, our BCES is a qualified, experienced physiotherapist.

The BCES is skilled in:
- evaluating health behaviours and risk factors
- conducting fitness assessments
- writing appropriate exercise recommendations
- motivating individuals to modify negative habits

About the class
The classes will be held twice a week for six weeks on Mondays and Fridays between 11.30–12pm in the fully equipped physiotherapy gym at CircleReading hospital.

This program is suitable whether your surgery was recent or several years ago, and accommodates all fitness levels.

The cost for attending is £300.

Please dress comfortably in loose clothing and trainers.

Limited to 10 places. Places will go fast so sign up soon!