

Please register by calling,
texting or emailing Laura at
360-521-9746 or
pilatesbylaura@comcast.net

Group Pilates



Pilates class will be held every First and Third
Wednesdays from 6:15 – 7:15 pm.

Please call 360-521-9746 for class schedules

Majerus & CO Physical Therapy

16219 SE 12th Ste. 100

Vancouver, Wa. 98685

360.253.4020

Instructor

Laura Echtenaw, LPTA

Laura is a certified STOTT REHAB
PILATES™/® Instructor, Cancer Exercise
Specialist, and a Certified Lymphedema
Therapist. She combines Pilates with
more than 25 years of experience as a
Licensed Physical Therapist Assistant to
help cancer survivors and post-rehab
clients increase their strength, flexibility
and quality of life. Presently she works at
Southwest Washington Medical Center's,
Rebound Physical Therapy, Weight Loss
Surgery Center, The Kearny Breast Care
Center and Pilates Plus in Vancouver.
Laura is educated through the Rocky
Mountain Cancer Rehabilitation Institute
at the University of Northern Colorado.

Join Northwest Cancer Specialists patients, staff, friends
and family members for FREE Pilates.

Benefits include:

- **Increased flexibility, strength and muscle tone**
- **Breathing exercises help alleviate stress and tension**
- **Increase circulation and oxygen consumption**
- **And...it is FUN so please JOIN US!**



Northwest Cancer Specialists