

FIT, SIP & SHOP

benefitting the Core Compassion Project

Saturday, October 17th



At 10:00am we will host a virtual Pilates session with Ann Taboada followed by a preview of Fall Fashion Trends by Beckie McCall. (Registration required to receive zoom link)

Then, join us **in the studio** for a drop in from **1-3pm (mask required)** for a wine tasting of **Scout & Cellar** clean crafted wines, while you see first hand the Fall Collection by Cabi (fitting rooms available).

<https://cabishows.com/4i7ru>

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f i t w p y

This event is being held to benefit the **Core Compassion Project** which helps restore strength and mobility to breast cancer patients and/or survivors in a setting that offers a time to heal mentally and physically.

Donations are encourage (but not required) to participate in the virtual Pilates session and can be sent via Venmo to @perfectformpilates or Zelle to 704-560-0383.

Proceeds from our raffle for a Relax and Unwind basket and 10% of Cabi sales will also go to benefit the Core Compassion Project.