



## Living with Lymphedema—an Educational Forum

You're invited to an informal presentation led by Jennifer Fernandez, PTA, CLT.

Topics will include:

- the anatomy of the lymphatic system
- lymphedema risk reduction strategies
- tips for self-care
- options for compression
- early range of motion, exercise

There will be a Q&A at the end of the presentation. We hope to see you there.

### 2023 CLASS DATES

June 13, 12 - 1 pm

August 15, 12 - 1 pm

October 10, 12 - 1 pm

December 12, 12 - 1 pm

### COST

Free

### LOCATION

1350 S. Eliseo Lobby

To reserve your spot, leave a voicemail at 1-415-925-7299 or email [Jennifer.Fernandez@mymarinhealth.org](mailto:Jennifer.Fernandez@mymarinhealth.org)

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