

# Lymphatic Education Series



Join Jenn Fernandez, PTA, Certified Lymphedema and Oncology Rehabilitation Therapist to learn more about your lymphatic system and lymphedema. Each informal presentation will include a short presentation followed by a Q&A session.

## 2024 DATES & TOPICS:

### Tuesday, February 13

The Lymphatic System and Lymphedema

### Tuesday, May 14

Taking Care of Your Lymphatic System and Lymphedema Risk Reduction

### Tuesday, August 13

Axillary Cording

### Tuesday, November 12

Exercise and Lymphedema

## TIME

12 – 1 pm

## LOCATION

Health Resource Center, 1350 S. Eliseo Drive

## RSVP

To reserve your spot, leave a voicemail at 415-925-7299 or email

[Jennifer.Fernandez@mymarinhealth.org](mailto:Jennifer.Fernandez@mymarinhealth.org)