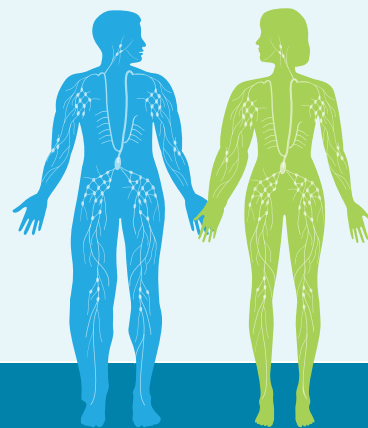


# LYMPHEDEMA SELF-CARE CLASS FOR PATIENTS & CAREGIVERS



## Learn About Lymphedema From Certified Lymphedema Therapists

Saturday, January 30, 2021, 10:00 a.m.- 3:00 p.m. (PST)

*(Registration for this Zoom class is required)*

### CLASS TOPICS:

#### What is Lymphedema?

*Role and function of the Lymphatic System*

*Relationship between the circulatory and lymphatic system*

*Watersheds*

#### Treatment Complete Decongestive Therapy (CDT)

#### Self-administered Manual Lymphatic Drainage (MLD)

#### Principles of gradient compression & self-bandaging

#### Lymphatic movement to music—Healthy Steps demonstration

#### Living Well with Lymphedema

*Exercise guidance*

*Skin care and Prevention of infection*

*Nutrition*

*Lymphedema Management*

#### Developments in Lymphedema research and treatment

### REGISTER FOR THE LYMPHEDEMA SELF-CARE CLASS:

Contact: Basha Brownstein,  
Community Program Manager  
[bbrownstein@cancerlifeline.org](mailto:bbrownstein@cancerlifeline.org)  
or leave a message for  
her at 206.832.1275

Tuition for this class is \$45.00  
*(with sliding scale option)*

Please visit us at:  
[nwlymphedemacenter.org](http://nwlymphedemacenter.org),  
or call **206.575.7775**

The Northwest Lymphedema Center is a 501c(3) non-profit organization whose mission for the past 27 years has been to support Lymphedema patients by offering Lymphedema Self-Care classes delivered by specially trained health educators.

We are proud to partner with Cancer Lifeline in these efforts.

*Also check our website for information about Topical Presentations and Lymphedema Support Groups on the second Saturday and third Tuesday of every month.*

[nwlymphedemacenter.org](http://nwlymphedemacenter.org) | **206.575.7775**



NORTHWEST  
**LYMPHEDEMA**  
CENTER

