



# FREE ZOOM SELF-CARE CLASSES

## BEFORE & AFTER BREAST CANCER TREATMENT

A Special community Service Class for You :

## Help Prevent & Manage Lymphedema Before & After Breast Cancer Surgery & Treatment

FREE WEEKLY Lymphedema Self-care/ ZOOM CLASSES

TUESDAYS Noon-12:45

Join Us & Sign up  
Lymphcoach.org

(Must sign up at least 12 hours in advance.)



- **Start developing your Self-care Toolbox after breast cancer.**
- **Learn Self-MLD** ( Manual Lymph Drainage) to prevent or decrease lymphedema swelling with this well researched gentle massage technique.
- Lymphedema is a swelling that can occur after breast cancer treatment when the lymph nodes have been removed and or radiated. Lymphedema can be uncomfortable, achy, heavy and increase your limb size. We create alternative pathways and redirect lymph fluid with MLD. You can start MLD 1 week before and or 2-6 weeks after surgery and decrease your risk of developing lymphedema. Check with your MD.
- **Learn MFR** (Myofascial release) to decrease axillary tightness
- **Learn Resilience Qigong** increase your energy and vibrant well being
- **Support Q&A** to answer your specific questions

**Lin Coleman is a nationally Certified Lymphedema Specialist and expert of 4 decades.**

**Lin developed 7 Lymphedema programs in Northern California including Stanford Medical Center's Lymphedema Program.**

**(530) 913-8878   Info@lymphcoach.org**