

Free Educational Workshops for Breast Cancer Survivors

Lymphedema

Prevention and Management

Please join us for a **FREE** four part lecture series with accompanying movement awareness via the **Feldenkrais Method®**

January 18th: What is Lymphedema? / Skin Care

January 25th: Exercise

February 1st: Compression

February 8th: Manual Lymph Drainage

Oftentimes, one's arm becomes stiff and painful after surgery or radiation. Using the Feldenkrais Method® is an opportunity for self-learning to examine habits of movement and facilitate more freedom through the neck, arm, shoulder, ribs, and breath. ***Come with a spirit of inquiry and adventure!***



Valerie Collins PT, CLT-LANA

Val Collins is a 1983 UConn graduate and is a national certified lymphedema therapist after attending the Academy of Lymphatic Studies. She works with breast cancer, lymphedema, and swelling disorder patients to help them achieve their goals.

Diana Griffin PT, CHT, CFP

Diana studied the Feldenkrais Method® and became a certified practitioner in 2003. Since that time, she has worked with people who have persistent pain that has been resistant to other interventions, helping them find ways to move with greater ease and integrity.

Sunday Afternoons
3-4 pm

Balanced Physical Therapy

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To register call (919) 942-0240
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