



Edmonton Lymphedema Support Group

WHAT: We gather together people in the community who are affected by Lymphedema to create a network for engaging and collaborative discussion on living our best lives with lymphedema.

NEW! We will have a 1 hr yoga class at our next 2 meetings to help us learn about the benefits of yoga for Lymphedema!!



WHO: Anyone living with or affected by lymphedema in the Edmonton area. (Primary, secondary, upper or lower limbs, newly diagnosed or seasoned thriver, caregiver/partner/spouse. All are welcome!)

WHEN/WHERE:

- **August 29th**, 6:30-8:30pm, Highlands Public Library meeting room.
- **Sept 21st**, 1:30-3:30pm at our usual Capilano Library meeting room.

RSVP to mylymphedmonton@gmail.com to attend and for instructions about the yoga classes.