

Breast Cancer Surgery and Lymphedema: Take Control

Breast Cancer Action (BCA) is a charitable organisation working to help, educate and support those living with breast cancer



- Breast cancer surgery can leave you vulnerable for developing **lymphedema - up to 30 years after treatment**
- If you had **radiation therapy** or had **lymph nodes removed** you want to attend this informative 2½ hour session that will influence quality of life

A Practical Workshop: Knowledge is Power!

Choose from the following dates in 2012:



- **Thursday, January 19 - 6 –8:30 p.m.**
- **Tuesday, March 06 - 1:30 –4 p.m.**
- **Tuesday, May 15 - 6:00 –8:30 p.m.**
- **Monday, June 25 - 1:30 –4 p.m.**
- **Tuesday, September 11 - 1:30 –4 p.m.**
- **Wednesday, November 28 - 6 –8:30 p.m.**

LOCATION: To be confirmed

Space is limited. Call 613-736-5921, to reserve your space. No charge.

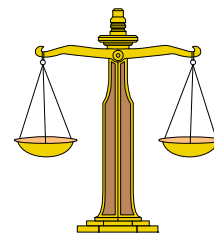
Presented by Judy Bedell, BCA's Lymphedema Educator,

You will learn:

- ❶ The facts about lymphedema
- ❷ How to self-monitor
- ❸ Important lifestyle recommendations
- ❹ When / where to go for help
- ❺ Exercises to delay the onset / or manage lymphedema

and receive:

- ❻ A set of Lymphedema Alert Bracelets



Breast Cancer Action Resource Centre, 613-736-5921 is at 301– 1390 Prince of Wales Drive
Ottawa ON K2C 3N6 (Near Hog's Back Road). Web: www.bcaott.ca Email: inof@bcaott.ca