

Cancer Center Series

Breast Cancer-Related Lymphedema and Self-Care Practices

Date: Wednesday, December 11, 2024

Time: 12–1 pm (Eastern Time)



Cheryl will begin the session by discussing the MGH Lymphedema Screening Program and updates in lymphedema research. Babz will then teach about the benefits of Lymph Flow Yoga®, which includes a self-manual lymph drainage routine, breathing techniques, and mindful meditation. The session will end with a Lymph Flow Yoga® demonstration to teach you how to engage in lymphatic health practices.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code:

<https://partners.zoom.us/j/89706650433>



- This program is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and the Mass General Cancer Center.

For more information, call 617-724-7352
or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera
to see our program schedule online

Featured Speakers



Cheryl L. Brunelle, PT, MS, CCS, CLT

Breast Cancer-Related Lymphedema Research Program
Physical Therapy



Barbara Tobin, OTR/L, CLT-LANA, CYT, Reiki Master

Occupational Therapy

