

**Meetings every two months**

# **Lymphoedema Support Network**

## **Living with lymphoedema or at risk?**

We'd welcome you & your friends to a regular, free information support session.

Come and discuss any issues or concerns.

Nothing can replace the information and help you can get from your lymphoedema therapist. We're offering general and useful information to help you manage your lymphoedema.

Meetings - Auckland Cancer Society, Domain Lodge,  
1 Boyle Cres, Grafton (Free parking).

7.30-8.30pm, followed by a cuppa.

*Experienced lymphoedema therapists on hand.*

*Includes tips on moving and breathing and those who want to get up and move around can do so...*

**Last Monday - every second month 2020**

**30 March - 25 May - 27 July**

**28 Sept - 30 November**

**Lymphoedema**  
SUPPORT NETWORK

Email [info@lymphoedema.org.nz](mailto:info@lymphoedema.org.nz)