



NEW YORK STATE SENATOR

Jack M. Martins

Adelphi NY Statewide Breast Cancer Hotline & Support Program Event

JACK M. MARTINS March 3, 2014

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LIVING WITH LYMPHEDEMA

Date/Time: Thursday, April 3, 2014 at 7 PM

Place: Alumni House, 154 Cambridge Avenue, Garden City



Learn about early identification and your potential for developing lymphedema when recovering from breast cancer surgery. You will also learn techniques for skin care, self-care and risk reduction.

The presentation will include a practical demonstration of exercises that you can do at home and interventions, including manual lymph drainage, wrapping, compression garments and sleeve covers.

Adelphi NY Statewide Breast Cancer Hotline & Support Program to Hold 'Living with Lymphedema' on April 3

The Adelphi NY Statewide Breast Cancer Hotline & Support Program is an outstanding organization that has helped countless people. On Thursday, April 3 at 7 p.m., it is presenting a program, Living with Lymphedema, at the Alumni House, 154 Cambridge Avenue in Garden City. Learn about early identification and your potential for developing lymphedema when recovering from breast cancer surgery. You will also learn techniques for skin care, self-care

and risk reduction. For more on Adelphi NY Statewide Breast Cancer Hotline & Support Program visit <http://www.adelphi.edu/nysbreastcancer>.