



Strength After Breast Cancer

Reducing Your Risk of Lymphedema (Arm and Hand Swelling)
After Breast Surgery

Free lymphedema prevention exercise classes

Taught By UCSF/SFSU Physical Therapists

Jet Lee, PT, PhD, CLT

Betty Smoot, PT, DPTSc, CLT

Wednesday evenings

UCSF Osher Center (1545 Divisadero St.)

Room 526

April		May		June		July	
5*	6-7:30 PM	3	No Class	7	No Class	5	6-7:30 PM
12*	6-7:30 PM	10	6-7:30 PM	14	6-7:30 PM	12	6-7:30 PM
19	6-7:30 PM	17	6-7:30 PM	21*	6-7:30 PM	19	6-7:30 PM
26	6-7:30 PM	24	6-7:30 PM	28	6-7:30 PM		
		31	6-7:30 PM				

*no new patients

Registration required – class size limited

For program questions or to sign up, please contact:

Italia Diaz at ItaliaPaola.Diaz@ucsf.edu or (415)-353-7908

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