



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

Friday evenings

UCSF Osher Center (1545 Divisadero St.)

Room 526

February		March		April	
2	5:30 - 7 PM	2	5:30 - 7 PM	6	5:30 - 7 PM
9	5:30 - 7 PM	9	5:30 - 7 PM	13*	5:30 - 7 PM
16	5:30 - 7 PM	16*	5:30 - 7 PM	20*	5:30 - 7 PM
23	NO CLASS	23*	5:30 - 7 PM	27*	5:30 - 7 PM
		30	5:30 - 7 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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