Carol Franc Buck
BREAST CARE CENTER

UCSF Helen Diller Family Comprehensive Cancer Center

Strength After Breast Cancer

Reducing Your Risk of Lymphedema After Breast Surgery

Free Exercise Series (5 classes) for Women With or At Risk for Lymphedema after Breast Cancer Treatment

Taught By UCSF/SFSU Physical Therapists

Jet Lee, PT, PhD, CLT

Betty Smoot, PT, DPTSc, CLT

Thursday evenings

UCSF Osher Center (1545 Divisadero St.)

Room 526

September		October		November		December	
6	5 – 6:30 PM	4	5 – 6:30 PM	1	5 – 6:30 PM	6	5 – 6:30 PM
13	5 – 6:30 PM	11*	5 – 6:30 PM	8	5 – 6:30 PM	13	5 – 6:30 PM
20	5 – 6:30 PM	18*	5 – 6:30 PM	15	5 – 6:30 PM	20	NO CLASS
27*	5 – 6:30 PM	25	5 – 6:30 PM	22	NO CLASS	27	NO CLASS
				29	5 – 6:30 PM		

*no new patients

Registration required – class size limited

New patients, please arrive 30 minutes early (4:30 PM) for assessment

For program questions or to sign up, please contact:

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

RSVP Lymphedema Prevention Exercise Class (415) 353-7908 ItaliaPaola.Diaz@ucsf.edu