

TOMORROW STARTS TODAY.

LymphoYoga™

Free LymphoYoga™

For Cancer Patients

Thursdays, 5:30 - 6:30 p.m.

Lymphedema Preventatively & Maintenance – All Levels Welcome

Teaching 3 classes, alternating weeks.

Unilateral Upper Body/ Bilateral Upper Body / Lower Body

Come join Kathryn “Kit” Lee, a Vodder Certified Lymphedema and Combined Decongestive Therapist and Certified Yoga Instructor on how to open lymph-pathways specific to your condition, techniques to help break down the hard lymph-buildup areas, help reduce swelling, move the fluid, get into compression and combine with a yoga practice to optimize your recovery.

SIGN UP: 970.209.7852 Holisticevolvingbodyworks@gmail.com



Advocate Illinois Masonic Medical Center

Tomorrow starts today.