



## LYMPHEDEMA SUPPORT GROUP

## WEDNESDAY January 8, 2020

## **4-5PM**

HEALTHALLIANCE-CLINTON HOSPITAL PHYSICAL THERAPY PLUS 21 CINEMA BLVD, LEOMINSTER (NEAR THE WHITNEY FIELD MALL)

This meeting will discuss the positive effect of exercise and movement on lymphedema. In addition, a basic exercise routine will be provided.

Open to all.

Facilitated by a Certified Lymphedema Physical Therapist, Jennifer Williams, PT, DPT, CLT

## FREE

Light Refreshments Provided

TO RSVP, CONTACT: JENNIFER WILLIAMS AT (978) 534-5922, JWILLIAMS@HEALTHALLIANCE.COM (OR) PTPLUSWHITNEYFIELD@HEALTHALLIANCE.COM