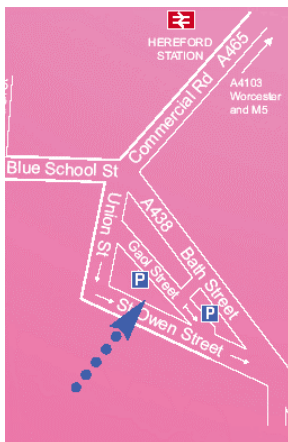


EXERCISE FOR LYMPHOEDEMA LEBED METHOD

Led by Jan Dell, Programme Manager and Lebed Instructor
Wednesdays 2 – 3 pm commencing 16th April 2008

The Lebed Method is a gentle therapeutic exercise and dance programme for people affected by breast cancer. It helps participants increase range of motion and flexibility, particularly after surgery. The movements are designed to gently work the lymphatic system and therefore help to reduce the risk of lymphoedema and also reduce and manage existing lymphoedema.



Additional benefits include: reduction in pain, increased energy, increase feeling of well-being, re-establish a sense of beauty and sexuality and increase positive self-image.

The dance routines use props such as top hats and canes, feather boas and Hawaiian leis. The emphasis is on having fun – what better way to liven up the week?

This 6 week course is designed to improve your confidence with regular gentle exercise and facilitate feedback time with the dance teacher. The class is for any age and level of fitness.

Please wear loose comfortable clothes and comfortable flat shoes.
If you have lymphoedema please wear your compression sleeve.

Being held at Breast Cancer Haven, 37 St Owen Street, Hereford
Please book at Reception or call 01432 361061
Suggested Voluntary Donation of £3.00 per session

Why not make a day of it, try our meditation and tai-chi class on
Wednesday morning and browse our extensive information library?