



Lymphedema Exercise Series

 A Free Virtual Workshop Presented by
Cancer Support Community Atlanta

Led by

Bev Stegman, CR, RYT

Are you living with lymphedema and nervous to exercise? Join this 4-week class where you will learn safe exercises that will focus on reducing some of the swelling and discomfort that lymphedema causes. Exercise is one of the best ways to begin to get some relief!



Thursdays, June 6, 13, 20, & 27
11:00 a.m. – 12:00 p.m.
Virtual Only

To participate, please register
at www.cscatlanta.org/calendar.



Registration
Calendar



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**CANCER SUPPORT
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