

Breast Cancer Exercise and Information Programme



BENEFITS OF THE PINK RIBBON PROGRAMME:

- Helps regain body strength and mobility in affected shoulder and arm post-op
- Enhances physical and mental wellbeing
- Decreases stress and tension
- Improves physical self-confidence
- Enhances energy levels
- Alleviates fatigue
- Improves sleep
- AND IT'S FUN.

www.pinkribbonprogram.com



The only **Pink Ribbon Program** Certified Centre in Ireland

To Book please contact :

The Lymph Clinic, Suite 1, Cork Clinic, Western Road, Cork.
Tel: 021 434 7531 | www.thelymphclinic.ie

This six week Pink Ribbon Program will comprise

45 mins Exercise
15 mins Meditation
30 mins information on the following topics:

1. Understanding the benefits of relevant exercise post op
2. Skincare
3. Understanding the lymph system and lymphoedema prevention
4. Understanding Fascia and its role in physical well being
5. Understanding Stress and tips to avoid
6. Self care techniques

Venue: NRG Gym beside the River Lee Hotel

Dates: Thursday 14th March to 18th April 2019

Time: 11am to 12.30pm

Price: €210

(claimable from private health insurance companies)