

Lymph System 101

A Series of 3 classes

- ✓ Learn about your lymph system and how it works
- ✓ Learn exercises and manual lymph drainage techniques for home
- ✓ Improve lymph system function and stimulate lymph system activity

Tuesdays at 1:00-2:15

New course begins every 3 weeks • Call to register
Upcoming start dates: February 22, March 15, April 5

This class is intended for:

- ✓ Those with swelling problems
- ✓ Those at risk for swelling or compromised lymph system function
- ✓ Caregivers, loved ones, and those who want to learn more
- ✓ *Health care professionals can take a similar workshop- call for details

Additional medical information may be requested when you register to ensure your safety and maximum benefit.

Contact us if you are interested but cannot attend this course!

**\$30 total includes
all 3 classes**

Located at SomaSpace
**4050 NE Broadway St
Portland, OR 97232**

1 block behind Trader Joes in the Hollywood
neighborhood of NE Portland



Presented by **Mary Gramling**
PT, CLT-LANA

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Conditions that benefit from improved lymph drainage:

Lymphedema
Lipedema
Fluid retention syndrome
Venous insufficiency
Lipomatosis (Dercum's syndrome)
Post-surgery
Post-trauma
RSD or CRPS
Migraines
Sinus congestion pain
Chronic fatigue
Fibromyalgia
General relaxation
Detoxification of skin and superficial fascia
Cellulite
Rheumatoid arthritis