

# Lymphatic Education Series



Join Jenn Fernandez, PTA, Certified Lymphedema and Oncology Rehabilitation Therapist to learn more about your lymphatic system and lymphedema. Each informal session will include a short presentation followed by Q&A.

## 2026 DATES & TOPICS:

### Wednesday, February 4

The Lymphatic System and Lymphedema

### Wednesday, May 6

Taking Care of Your Lymphatic System and Lymphedema Risk Reduction

### Wednesday, September 2

Lymphatic Cording

### Wednesday, December 2

Exercise and Lymphedema

## TIME

12 – 1 pm

## LOCATION

Health Resource Center, 1350 S. Eliseo Drive

## RSVP

To reserve your spot, leave a voicemail at 415-925-7299 or email

[Jennifer.Fernandez@mymarinhealth.org](mailto:Jennifer.Fernandez@mymarinhealth.org)