

POST MASTECTOMY WORKSHOP

Lumpectomy

Reconstruction

Post-Radiation

Presented by:

Sarah Thomas, PT and Cheryl J. Wynn, DPT

MONDAY, NOVEMBER 15, 2010

5:30 TO 7:00 PM

PLEASE RSVP

- /// Do you experience shoulder, rib cage or neck pain?
- /// Do you have a “tight” band feeling across your rib cage/chest?
- /// Is your scar painful or restrictive?
- /// Is your shoulder motion limited?
- /// Are you unsure of how to resume exercise?



Invite a
friend to
come along

*Join Sarah and Cheryl as they share
valuable information about
self-massage techniques for scar
tissue, and safe effective exercises!*

Take advantage of this opportunity
during our workshop to have a one-on-one
10-15 minute private session to address your
specific needs.

Take some time for
yourself and attend a
workshop that will
improve the quality of
your life.



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WORKSHOP**



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