



## LYMPHOEDEMA EDUCATION SESSIONS

These group classes, with a physiotherapist, are usually held once a month and are designed to give information and teach skills for the self-management of lymphoedema. It is only necessary to attend one session and you are welcome to bring a family member or friend if you wish.

The sessions are from **11am to 12.30pm** in the **Rata Room** at **Burwood Hospital**. Enter the hospital complex at Gate 3, Mairehau Road, and look for sign for directions to the class. (Failing that, seek directions from Physical Medicine Reception.)

The dates for classes from January 2021 are as follows:

<b>Tuesday</b>	<b>12<sup>th</sup> January 2021</b>	<b>11.00am - 12.30pm</b>
<b>Tuesday</b>	<b>9<sup>th</sup> February 2021</b>	<b>11.00am - 12.30pm</b>
<b>Tuesday</b>	<b>9<sup>th</sup> March 2021</b>	<b>11.00am - 12.30pm</b>
<b>Tuesday</b>	<b>13<sup>th</sup> April 2021</b>	<b>11.00am - 12.30pm</b>

No referral is necessary for education sessions and there is no charge. However we request that you contact the Physiotherapy Dept at Burwood Hospital to register your intention to attend, so that we can contact you if the class needs to be cancelled for any reason.

*Bookings and further enquiries to:*

Administration Officer  
Physiotherapy Department  
**BURWOOD HOSPITAL**

**Phone: 383-6833**

**Fax: 383-6879**

**Email: [physiobd@cdhb.health.nz](mailto:physiobd@cdhb.health.nz)**