



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 **Chapel at Burwood Hospital**. Enter the hospital complex at **Gate 3, Mairehau Road**. Come into the **Physical Medicine building** and ask for directions from **Physical Medicine Reception**.

The dates for classes from January 2023 are as follows:

Tuesday	10th January 2023	11.00am - 12.30pm
Tuesday	14th February 2023	11.00am - 12.30pm
Tuesday	14th March 2023	11.00am - 12.30pm
Tuesday	11th April 2023	11.00am - 12.30pm
Tuesday	9th May 2023	11.00am - 12.30pm
Tuesday	13th June 2023	11.00am - 12.30pm
Tuesday	11th July 2023	11.00am - 12.30pm
Tuesday	8th August 2023	11.00am - 12.30pm
Tuesday	12th September 2023	11.00am - 12.30pm
Tuesday	10th October 2023	11.00am - 12.30pm
Tuesday	14th November 2023	11.00am - 12.30pm
Tuesday	12th December 2023	11.00am - 12.30pm

No referral is necessary for education sessions and there is no charge.

We request that you contact the Physiotherapy Dept at Burwood Hospital to register your intention to attend, so that we can contact you in the event of the class being cancelled, for any reason.

Bookings and further enquiries to:

Administration Officer
Physiotherapy Department
BURWOOD HOSPITAL

Phone: 383-6833

Email: physiobd@cdhb.health.nz