

# Reducing lymphoedema risk and advice on shoulder exercises after breast cancer treatment

If you have had lymph node surgery in your armpit (axilla) or radiotherapy for breast cancer.

Please join us for an information session on reducing your risk of lymphoedema and advice about shoulder exercises during and after treatment. These will take place once a month on a Tuesday at 1pm at Maggie's.



For registrations, please call us on 020 8661 3504 or scan the QR code.



**NHS**

