

Getting Movement Back After Treatment

After surgery and other cancer treatments, it is common to develop movement compensations. Sometimes we don't even realize how much we are adjusting until we start to get pain somewhere else.

Join us to learn how to get a healthy range of motion back in a safe and pain-free way. You will learn simple ideas about movement that will help you gain more flexibility and mobility.

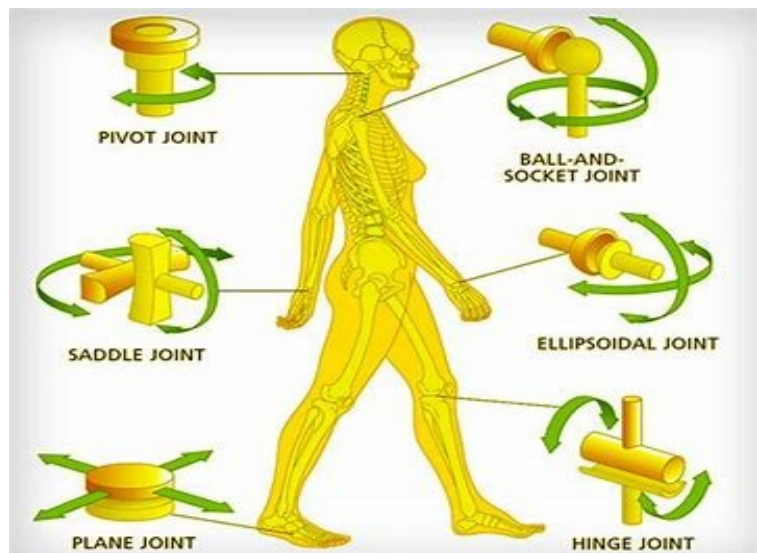
Date: Monday,

February 11, 2019

Time: 6:30-8:00pm

Location:

Cancer CAREpoint
2505 Samaritan Drive,
Suite 402,
San Jose, CA 95124



Presenter: Daya Fisch, MS, is trained in many therapeutic modalities and is a specialist in lymphatic massage. Teaching since 1992, Daya is approved by NCTMB as a continuing education approved provider. She has worked at Stanford Hospital's Center for Integrative Medicine. In 2004, she founded the Breast Health Project. Daya's studies in Ayurvedic healing, yoga, nutrition, and massage techniques give her a holistic perspective in her work.

Space is limited and advanced registration is required. Please register by calling Cancer CAREpoint at: 408.402.6611 or email info@cancercarepoint.org.