

You're invited! LYMPHEDEMA educational networking dinner



Defeating Your Giants



Lymphatic Education & Research Network

It might be said that the only thing that is certain in life is uncertainty. And with that uncertainty come inevitable obstacles. Some of them are giants. Death, divorce, and major disruptions to our health and well-being. When we are confronted with these life-jarring challenges, a natural reaction is to feel scared, insecure and lost. In this interactive presentation, Britta will provide you with a reasoned approach toward recognizing your giants, regaining your power and re-discovering your purpose.



Britta Vander Linden

Britta Vander Linden is the author of Lymphedema Diary by Britta Vander Linden, a wellness blog dedicated to helping the hundreds of millions of people suffering from lymphedema and lymphatic diseases around the world. Read by thousands around the globe, Lymphedema Diary offers practical suggestions on how to deal with the condition and maintain a better quality of life. Britta's blog encourages readers to be strong and resilient and to enjoy a productive and fruitful life despite the challenges they face. Britta is the recipient of the Outstanding Advocacy Award on Behalf of the Lymphedema Community awarded by the Lymphatic Education and Research Network (LE&RN), a national non-profit organization. Britta also serves as co-chair of the Maryland chapter of LE&RN. Britta is a runner, yoga enthusiast and believer in the underdog.



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