

Katherine Shillue Talk links:

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Many people find it helpful to share ideas with one another during these symposia. However, because each person's situation is specific to them, please consult your medical professional for any specific advice, concerns or needs.

InspireHealth Supportive Cancer Care- providing programs and services to enhance quality of life, health, and well-being of people living with cancer and their families.

Online Classes

<https://www.inspirehealth.ca/>

Klose Training Self- MLD Instructional DVD

<https://www.compressionguru.com/klose-training-self-manual-lymph-drainage-dvd>

<https://klosetraining.com/2014/10/29/self-mld/>

LymphaTrack App

<https://www.lymphapress.com/lymphatrack-app/>

Lymphedema Association of Quebec

(French) <https://fr.infolympho.ca/>

{English} <https://en.infolympho.ca/>

Mediation and Mindfulness interventions for Patients with Fat Disorders- Kathleen Lisson- Presentation at FDRS conference.

<https://www.youtube.com/watch?v=tSFyeYI1I9o&feature=youtu.be>

Northwest Lymphedema Center

<https://nwlymphedemacenter.org/classes-support-group/self-care/>

<https://nwlymphedemacenter.org/event/spring-2020-lymphedema-self-care-class-on-saturday-may-30th/>

Princess Margaret Cancer Centre (Ca)

https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Pages/lymphatic_self_massage.aspx