



BREAST HEALTH & REHABILITATION CENTER

Summer 2009

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A Free Workshop For Women with Breast Cancer

The Breast Health and Rehabilitation Center is teaming up with the Charlotte Maxwell Complementary Clinic to offer a free workshop for women with breast cancer. The workshop will offer information regarding exercise, lymphedema, pain, and mobility limitations for women with breast cancer. Participants will learn specific home exercises to regain normal shoulder mobility and strength as well as simple strategies to improve overall cardiovascular health. We will present information about lymphedema development, prevention, and management. In addition, we will discuss simple methods to self-manage pain that can persist after surgery. Participants will be able to immediately incorporate these simple techniques and exercises into their lives to reduce pain and improve function. The Breast Health and Rehabilitation Center will offer each participant a free one-hour evaluation to discuss specific treatment and management strategies. The workshop will be offered at the Charlotte Maxwell Complementary Clinic in Oakland on October 7th from 6-8pm with Spanish translation. In addition, the workshop will also be offered in San Francisco on October 21st from 6-8pm with Cantonese translation, location to be determined. More information can be found at www.charlottemaxwell.com and www.breastrehab.com.

**Don't miss the free
workshop for women
with Breast Cancer on
October 7th and 21st
from 6-8pm. Check out
www.charlottemaxwell.org
or www.breastrehab.com
for more details!**

Charlotte Maxwell Complementary Clinic

In 1991, the Charlotte Maxwell Complementary Clinic was founded by a dedicated group of health care providers and women with cancer to provide low-income women with free alternative therapies. The Clinic currently maintains a pool of over 275 volunteer practitioners and serves approximately 610 women, many of them critically ill. Their services include acupuncture, Chinese and Western herbs, homeopathy, massage therapy, and therapeutic imagery. They also offer social work assistance, transportation to and from clinic appointments, fresh organic produce and bread, and educational workshops. The special programs they offer include Supervised Exercise and Group Support and the In-Home Treatment Program. For more information please log on to www.charlottemaxwell.org.