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HEALTH & WELLNESS



## Breast Friends Cancer Support Network

Helping women survive  
the trauma  
of cancer ... one  
episode at a time.



With host  
**Michelle Beck**  
[www.breastfriends.org](http://www.breastfriends.org)

**Breast Friends Cancer Support Network**  
**Wednesday at 9 AM Pacific**  
**April 8th 2016: Help for Lymphedema and Post**  
**Breast Cancer Surgical Support**

Sometimes the sides effects of treatment can seem worse than the cancer itself. Join us as we discuss some of the most common post surgical situations. Our guest this week, Mary Gramling, Physical Therapist, will offer tips on working with lymphedema, as well as managing chronic soft tissue conditions such as scar tissue and fascial restrictions and more.

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### Featured Guest



#### Mary Gramling

Mary Gramling is a Physical Therapist and Certified Lymphedema Therapist working in the Portland area since 2004. She specializes in rehabilitation before, during, and after cancer treatment. Mary's treatments consist of manual techniques including manual lymph drainage and Graston technique, exercise prescription, education, and activity specific work.

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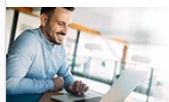
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