

Breast Cancer Prehabilitation Education Class

at Memorial Hermann Memorial City

Date & Time

First Wednesday of each Month
10:30 a.m. – 12 p.m.

Location (In-Person or Virtual):

Memorial Hermann Memorial City
Lindig Survivorship Center
Medical Plaza 4
925 Gessner Rd, Suite #150
Houston, TX, 77024

If you prefer to attend virtually via Zoom, a link will be provided upon registration.

Parking

Please park in Parking Garage 4, which accesses Medical Plaza 4. Parking is complementary. Surface parking is available. The Lindig Center is on the 1st Floor.

Register

To register for the Breast Cancer Prehab Course, please email: **TirrBreastPrehabClass@memorialhermann.org**, or call **713.222.CARE**.

Please join us for our next free, community education session. It is open to all patients recently diagnosed with breast cancer, who will be undergoing chemotherapy, surgery and/or radiation therapy. Caregivers and family members are welcome.

Goals of the class include:

- To learn the basics of what to expect for upcoming treatments
- Education on the lymphatic system and lymphedema prevention
- Handouts provided for exercises to perform before and during treatment
- Community Resources

This class is led by an Occupational Therapist certified in lymphedema.

For questions regarding Breast Cancer Prehab Course, please call the Lindig Family Cancer Resource Center at 713.242.2848.

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