



# Lymphedema Association of Nova Scotia

## [www.LymphedemaNovaScotia.com](http://www.LymphedemaNovaScotia.com)

You are not alone!



### President's Message

Contact information for Lymphedema Association of Nova Scotia

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Hi Everyone,

I hope you all had a great summer! A bit too hot for me, but I survived.

We would like to have more members. A Personal Membership only costs \$35 per year, and that includes Pathways Magazine for a year, an opportunity to be part of the board, a vote at the AGM, notification of events and support, education and networking. There are also Professional and Corporate Memberships available. If you would like more information, please check out our website at [www.LymphedemaNovaScotia.com](http://www.LymphedemaNovaScotia.com) or email us at [LymphedemaNovaScotia@yahoo.com](mailto:LymphedemaNovaScotia@yahoo.com) or, if you would rather speak to a person, call Karen at 902-401-3683.

Lymphedema Support Group Meetings are being held about 4-6 times per year. Please check our website, in the events section, to get the latest news on any meetings or events that we will be having. [www.LymphedemaNovaScotia.com](http://www.LymphedemaNovaScotia.com)

The 2019 National Lymphedema Conference is being held in Toronto on November 1-2, 2019 at the Toronto Airport Marriott Hotel. Over the course of two days, patients and health professionals will share stimulating ideas, new research and innovative solutions to the many issues faced by people who live with lymphedema, as well as the health professionals who provide their care. To find out more information about the conference, please go to [www.canadalymph.ca](http://www.canadalymph.ca)

Please contact me if you have any questions regarding the Lymphedema Association of Nova Scotia, or if you just need to talk.

Warm wishes,

Karen Bingham



Please like our Facebook Page and join our Facebook Group—Lymphedema Association of Nova Scotia

# 4th Annual Lymphedema Seminar—May 4, 2019

## Personal Stories from Members of LANS

**Karen Bingham - Primary Lymphedema**



**Liz Hennigar - Lipo-Lymphedema**



**Sandy Smith - Secondary Lymphedema**



## Kristin Burns with 3M spoke about the Coban Wrap System



## Sarah Brownlow During BSc, RMT CDT Registered Massage Therapist & Manual Lymphatic Drainage Specialist, spoke about numerous topics related to lymphedema



## Kim MacLaren with Essity Canada spoke about Jobst products and demonstrated the Farrow Wrap



## Lymphedema Therapists in Nova Scotia

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**Therapists, please contact us if you would like to be added to this list or if your information is incorrect. Thanks!**





All proceeds from admission, the table fees and the other fundraising activities will go to the Lymphedema Association of Nova Scotia.

# CHRISTMAS CRAFT SALE

**There will be a door prize, various raffles, 50/50, and lots of shopping to be done!**

**Join us at the**

**Sackville Lion's Club**

**101 Old Beaver Bank Road**

**Lower Sackville**

**November 16th and 17th**

**10am - 3pm**