

As March is

LYMPHOEDEMA AWARENESS Month

Movement and Flexibility is key in our wellbeing & management of all lymphatic related health issues



The Lighter Touch Lymphoedema Clinic www.thelightertouch.org



YOGA for LYMPHATIC HEALTH with Fiona

3pm on Thursday 19th March 2026

At The Centre of the Hills, North Malvern Rd, WR14 4LT



Free to attend

Donations will be warmly welcomed in support of

Lymphoedema Support Group

To Book please message us or email: thelightertouch4@gmail.com

