

VIRTUAL WORKSHOP

## Lymphatic Selfcare Workshop

Session one: Face/Neck, Session two: Chest & Upper Torso  
Session three: Upper Arm, Abdominal, Hips Session four: Legs

With Solla Pizzuto, CMLDT, NCMT, CYT



**Dates:** Mondays, May 23, July 25, Sept.19, Oct. 31

**Time:** 10:00 – 11:00 am

**Location:** Online (Zoom)

**Cost:** No Cost

**RSVP:** [www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)  
[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)  
or calling 805.379.4777

### Workshop Description:

Lymphedema can be caused by cancer or by cancer treatment. Cancer survivors may experience swelling, tingling sensation, and feeling heavy. The goals of lymphedema treatment are to relieve such symptoms and keep them from getting worse. Self-lymph massage can help push the lymph fluid out of the swollen part of your body.

Please join us and learn how to perform lymphatic rejuvenation to different areas of your body each session, to tonify and detox the tissue, and increase blood flow by bringing oxygen for a natural glow. You may register for one or both workshops. Registration is available through our website calendar.

### About our presenter:

Solla Pizzuto is a MLD Lymphatic Drainage therapist, advanced Chi Nei Tsang Organ specialist, an international Qi Gong UHT Senior Tao instructor and has 30 years in the active practices as a bodywork massage therapist. Solla is also an educational provider for the National Certification Board for Massage and Bodywork NCBTMB Professionals. In addition, she is also a certified yoga teacher and facilitates the teachings of integrating Self-care and natural healing practices in everyday life for vitality and harmony - mind - body- spirit.