



HYBRID WORKSHOP

Beyond the Nodes

Breast Cancer & the Lymphatic System

Join us for a workshop on the lymphatic system and its role in breast cancer treatment and recovery. Learn how treatment can affect lymphatic function, leading to swelling and lymphedema. We will explore the benefits of lymphatic drainage techniques, strategies for reducing discomfort and swelling, and practical tips for maintaining lymphatic health. Participants will gain a better understanding of how gentle movement, self-care practices, and specialized therapies can support healing, improve quality of life, and promote overall well-being after breast cancer treatment.

DATES:

**THURSDAY
OCTOBER 22ND**

TIME:

12:00PM-1:00PM



LOCATION:

**CANCER SUPPORT COMMUNITY
VALLEY/VENTURA/SANTA BARBARA
4195 E THOUSAND OAKS BLVD., #107
WESTLAKE VILLAGE, CA 91362**

AND ONLINE VIA ZOOM

**NO COST TO ANYONE
IMPACTED BY CANCER**

Alexandra Chaux, PT, DPT

Dr. Alexandra Chaux is a Doctor of Physical Therapy with 20 years of experience and a special focus on oncology and breast cancer rehabilitation. She earned her Doctor of Physical Therapy degree from A.T. Still University in 2010 and has completed advanced training in Manual Lymphatic Drainage (MLD), myofascial release, scar tissue work, functional visceral mobilization, kinesiology taping, and other integrative techniques. Her clinical work focuses on supporting individuals throughout cancer recovery, including breast, colon, pancreatic, and other cancers, as well as recovery following surgery, radiation, reconstruction, and other cancer treatments. She helps patients address swelling, lymphatic changes, scar tissue, mobility, and other physical changes associated with cancer treatment. Dr. Chaux is currently preparing to take the national board examination in Spring 2027 to become a Board-Certified Clinical Specialist in Oncologic Physical Therapy.



To register and learn more:

Scan the QR Code

Call: 805.379.4777

Email: programs@cancersupportvvsb.org