

# Lymphedema Taster Days at the Therapy Center Hirschbach

Spend 4 days /3 nights at our therapy center in Hirschbach. Let us spoil you and obtain plenty of information on lymphedema. You will be staying in a single room, or double room on request, if you will bring a companion.

## Procedure:

### **Sunday:**

- Arrival from 02.30 p.m.
- Dinner

### **Monday:**

- Breakfast
- Lympha-Press treatment
- Manual lymphatic drainage (45 minutes), followed by bandaging
- Lunch
- Lympho-Opt walking (depending on weather)
- Dinner

### **Tuesday:**

- Breakfast
- Medical consultation
- Lympha-Press treatment
- Manual lymphatic drainage (45 minutes), followed by bandaging
- Lunch
- Dinner

### **Wednesday:**

- Breakfast
- Final survey
- Departure to 10.30 a.m.

<b>Price incl. all offers, accommodation and full board</b>	<b>299.- EUR</b>
<b>Price for accompanying person</b>	<b>149.- EUR</b>

Subject to change

Contact: Frau Röder Telephone No.+49 9154 - 911 200