



EveryBodyCan look after their lymphatic system

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#EveryBodyCan

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One of the best ways of keeping your lymphatic system healthy is to be active; and getting and staying active has many benefits for people with lymphoedema. That's why the British Lymphology Society has launched the EveryBodyCan campaign. We want to help healthcare practitioners like you give patients with or at risk of developing lymphoedema the encouragement they need to get and stay active.

Why movement matters

Unlike the heart, the lymphatic system doesn't have a pump so we need to help it along by using our large and small muscles. Any movement is better than none. There are lots of different activities suitable for all abilities – from simple sofa-based exercises to something more energetic.

How can you get involved

We'll be attending and holding events across the UK to promote activity to help the lymphatic system. If you'd like to hold your own event or promote the EveryBodyCan campaign, pick up some posters and leaflets at one of our stalls or go to **thebls.com** to learn more about the campaign and the work that we do.

Sign up as a Friend of The BLS. It's free and you'll be kept up to date with news of the campaign, as well as our publications and best practice information. You'll also have access to our quarterly publication, with all the up-to-date news in lymphoedema. Speak to someone at one of our stalls or go to **thebls.com**.

About the British Lymphology Society

Lymphoedema affects over 400,000 people in the UK and the numbers are increasing. The British Lymphology Society provides a strong professional voice and support for those involved in the care and treatment of people with lymphoedema and related lymphatic disorders, including lipoedema. We seek to achieve high standards of care across the UK, raise awareness of the condition, promote early detection and intervention with supported self-management. We work with other stakeholders, advise government, NHS and other professional bodies and organisations.

We'll be adding more resources and events to our website, **thebls.com**, so follow us on **Twitter @BritishLymph** and don't forget to share our posts to spread the word.

#EverybodyCan

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