



Shining a Light on our Annual Fall Conference

Optimizing Lymphedema Outcome Through Lifestyle

Robert Erkstam, OTR, CLT-LANA

Health and Wellness Coach and Lymphedema Therapist
Wilmington, NC

Robert and his wife Lou are co-owners of Self Care Therapy, Inc. Robert and Lou have eight children ("Yes," he says, "we are blessed."). Robert is a native of Sweden, where he received his bachelor's degree in Occupational Therapy in 1998. In 2000, Robert and Lou moved to Wilmington, NC, where they now live and work.

Robert has worked in a variety of settings, including Traumatic Brain Injury Rehabilitation, Habilitation, Short-term rehabilitation at nursing facilities, and home health. Robert and Lou started up Self Care Therapy Inc. after seeing a growing need for Occupational therapy and Lymphedema therapy services. Robert became Certified in Lymphedema Therapy in 2004 and has enjoyed using this method to help patients with chronic swelling. Robert is LANA-certified and trained in Life Coaching.



Offer Expires Soon!

Register by August 1 for \$50 off CCH Registration Fee



The Lighthouse Lymphedema Network presents
**The 26th Annual State of Georgia
Lymphedema
Education and Awareness Conference**

Friday, October 18, 2024, 9 am – 4:30 pm Pre-Conference

Saturday, October 19, 2024, 8:30 am – 4 pm

Speakers for 2024 Lymphedema Education and Awareness Conference



Fibrosis Techniques for Breast Cancer, Lymphedema, and Lipedema

Karen Ashforth, MS, OTR/L, CLT-LANA

Lymphedema Therapist, Researcher, and Adjunct Faculty at the University of the Pacific, Stockton, CA

Pre-Conference and Keynote Speaker



Lymphedema and Lipedema Surgical Options, Requirements, and Post-Care

Stefanos Boukvalas, MD

Surgeon with the University of Tennessee Medical Center in Knoxville



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Dermatology Concerns: Lymphedema and Lipedema

Jodi Ganz, MD

Dermatologist and Faculty Member at Emory University, Atlanta, Ga



Signs, Symptoms, and Treatment Options for Central Lymphatic Dysfunctions

Shelley DiCecco, PT, PhD, CLT-LANA, CI-CS

Lymphedema Therapist and Associate Professor at Philadelphia College of Osteopathic Medicine, Georgia Campus

Plus: Patient Stories, Networking, & an Exhibits Hall

DATE/TIME

Friday, October 18, 9 am – 4:30 pm
Fibrosis Techniques with a Hands-On Lab
Pre-Conference Session for CLTs ONLY

Saturday, October 19, 8:30 am – 4 pm
All Welcome
Breakfast & Exhibits Begin at 7:30 am

Zoom Participation Available Saturday Only

LOCATION

Roam Perimeter Center
1151 Hammond Drive, Suite 240
Atlanta, GA

ACCOMMODATIONS

Crown Plaza, Atlanta Perimeter at Ravinia
4355 Ashford Dunwoody Road
Atlanta, GA 30346

To receive the LLN Conference Rate
(rooms are limited)

Click this link: [LLN 2024 Conference](#)

Or

1. Go to www.cpravinia.com
2. **Book Now**
3. Select Date(s) Oct 18 and/or 19
4. Confirm **Rate Preference** is "Corporate Special Rate"
5. Corporate Code: 100213319
6. Select your room

Or

Contact Tracy Stark at:
Tracy.Stark@IHG.com or 770-551-6113

Note: Parking available for an extra charge.
Rooms are limited

REGISTRATION FEES

Patients, Caregivers, Others
Saturday only \$50

Physical/Occupational Therapists earning
Continuing Competency Hours (CCH)
(CCH Applied For)

Friday and Saturday \$250*
Saturday only \$200*

**Register by August 1 for \$50 off
CCH Registration Fee*

TO REGISTER

Scan the QR Code and go to the Events tab:



Or

Go to the [LLN's website](#)
www.lighthouseslymphedema.org
and select the **Events** tab.



For further information contact
registration@lighthouselymphedema.org

Patient Registration for Conference

Professional Registration for Conference



Lighthouse Lymphedema Network is a proud partner of Georgia Alliance for Breast Cancer and a recipient of grant funding generated from the annual [Georgia 2-Day Walk](#) for breast cancer. We encourage you to register and participate in this annual event, the proceeds of which will benefit breast health and breast cancer programs throughout the state! For more information, visit: www.gaabc.org

LLN Participates in the first SuperSize Your Life Expo



Francine Schwartz Schuler and Patricia Broderick are two of our volunteers who represented the LLN at the SuperSize Your Life Expo.

The Lighthouse Lymphedema Network was honored to participate in the first SuperSize Your Life Expo, a weekend dedicated to embracing the fullness of life at every size. The Expo is a unique platform that offers products, services, and expert presentations that focus on five key areas, including Lymphedema / Lipedema Awareness, Fashion, Lifestyle, Travel and Wellness. LLN Board Member Dr. Shelley DiCecco was one of the speakers at the Expo. The SuperSize Your Life Expo plans to return to Atlanta and expand to Chicago in 2025. We'll keep you posted!

On August 1st, the Keck School of Medicine at USC will host "Lymphedema: What to Know as a Primary Care Provider." This virtual event is free and no registration is required. To attend, simply click on the "Register for Event" button at 3:00pm Eastern/12:00pm Pacific time on Thursday, August 1st to join the Zoom presentation.

Please share this information with any healthcare providers who would benefit from this presentation.

Upcoming Events for Therapists and Patients

Keck School of Medicine at USC (virtual event) – "Lymphedema: What to Know as a Primary Care Provider" – August 1

Georgia Alliance for Breast Cancer – Expo – September 27

Georgia Alliance for Breast Cancer – 2-Day Walk – September 28-29

Lighthouse Lymphedema Network – Conference in Atlanta – October 18-19



Try email marketing for free today!