

This event was held in the Legend Centre Multipurpose room in Warman, Sask. On May 5, 2018. LAS president Kelly Lloyd welcomed everyone. Heidi Watson (MOT, CDT, Electronic Health Information Systems) did an interactive presentation on " How Life and other Conditions affect Lymphedema". Heidi explained how the Lymphatic system works and what happens when certain parts of the system are stressed or do not work. She asked a question about different conditions like muscle tears, varicose veins, cellulitis infections, lipedema, kidney failure, COPD, heart failure and how these may affect lymphedema. We gave our answers and then Heidi explained how each affected lymphedema. She closed off by explaining how yoga, building up strength, exercise and healthy living help control your lymphedema.

Janis Riise (BSC, Kin, CSEP-CEP Kinesiologist) from Life Mark and Ground Yoga explained "How Yoga can Benefit Lymphedema". She explained yoga can help in many ways and be adapted to each persons needs. Janis suggested talking with your instructor about your yoga goals and needs to make a personalized plan. Start with small yoga movements and increase the range of movement that is comfortable for you. If the movements are not smileable or breathable through them you are working too hard.

Erica Bailey (LAS Executive member) shared her story of "Living with Lipedema". She shared how for so long she had been miss diagnosed. Erica was told to loss weight, eat less and exercise more. Finally, after many years and a lot of research on her part, she found a diagnosis of Lipedema. This diagnosis gave her hope. Erica shared how hard her journey to find surgical help was and how expensive it was. She shared what a life transformation it! has been since getting the surgery done. She stated that she feels lipadema is a health issue and all patients should be able to receive this surgery no matter who they are.

The annual meeting started with a moment of silence for deceased members. The minutes of the last annual meeting were read and the 2017-2018 financial report was given. The following reports were given: Presidents, Web site / newsletter, LAS and government meetings and education. The LAS Volunteer Award was presented to Angela Connell Furi, a very deserving person for her endless help. The election of LAS executives was held. President: Kelly Lloyd, Vice Pres. Laurie Glenn, Past Pres.Vera Schnieder, Treasurer Erica Bailey, Members at Large: Richard Porter, Marilyn Miller, Tracy Gardikiostis, Angela Connell Furi, Barbara Knowles.

Laurie Glenn, LAS Vice President