

# GIVE USED GARMENTS A SECOND LIFE

**Help other Lymphoedema patients,  
their practitioners and the planet too!**

Create real positive change by returning your compression garment rather than tossing it in the bin.

Then follow its story. Attach your name and email address to your garment and we'll do our best to connect you with its unique story and that of the patient who receives it.

Post your story on Facebook and follow others' too.

Learn more at [lihda.org](http://lihda.org)  
or join us on Facebook.

