

What's on in May at the North West Cancer Support Centre:

Our Art Program is held here on the first Tuesday of each month from 10am.

We host a Men's Support Group here on the last Thursday of each month from 2pm.

Look Good Feel Better workshops, variable dates on Wednesday, 10am - 12.30pm, please check website www.lgfb.org.au for upcoming dates.

Wig Service Appointments available in our Centre and at the North West Regional Hospital (NWRH) Wellness Centre.

In the community:

Oncology Massage Appointments

Centrelink Appointments

Tai chi is an ongoing program of ours based in the community. Please talk to Support Centre staff to learn how this works.

Exercise Physiology appointments are available at the North West Regional Hospital (NWRH) Wellness Centre.

Kris and Stan do outreach at NWRH every Monday, Tuesday and Thursday.

Unless otherwise stated, registration is required for our programs.



North West Supportive Care Staff

Kris and Stan

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**Cancer
Council**
Tasmania

All of us
against cancer

What's on in May at the Northern Cancer Support Centre:

Tai Chi is held every Tuesday from 11am-Midday.

Exercise Physiology, alternating Mondays.

Oncology Massage appointments every Tuesday.

NEW: Mindfulness program starting on Wednesday 22 of May, 1:30pm to 2:30pm for 6 weeks.

Centrelink Appointments every Thursday morning.

Hairdressing services available alternating Thursdays.

Craft Group, every 2nd and 4th Thursday, 1.30pm-3pm. Bring your own project or join in with materials supplied.

Games Afternoon, 1st Thursday of the month, 1.30pm-3.30pm.

Look Good Feel Better workshops, variable dates on Tuesdays, 10am -12.30pm, please check website www.lgfb.org.au for upcoming dates.

Men's Cancer Support Group, 2nd Thursday of each month, 10am-Midday.

Women's Cancer Support Group, 1st Tuesday of each month, 1:30pm-3pm.

Unless otherwise stated, registration is required for our programs.



Northern Supportive Care Staff

Luisa, Yasmine and Emma

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What's on in May at the Southern Cancer Support Centre:

Mindfulness: Mondays from 8 April to 13 May, 11am-Midday.

Qi Gong: Thursdays from 2 May to 23 May, 10am-11am.

Exercise Physiology: Wednesdays & Thursdays, alternating fortnightly Appointments.

Bowen Therapy: Thursday 2 May and Thursday 16 May.

Oncology Massage appointments: Monday 6 & 20 May.

Pilates: Tuesdays 30 April to 4 June, 11am-Midday.

Walking Group: Wednesday 1, Friday 17 & Wednesday 29 May from 10am.

Art Program: Wednesday 15 May, 1pm-3pm.

BYO Craft Group: Tuesday 7 & 21 May 10:30am-12:30pm. Drop in with your own project, no registration required.

All Cancers Support Group held monthly, next on Tuesday 28 May, 2pm-4pm.

Prostate Cancer Support Group held monthly, next on Tuesday 21 May, 2pm-4pm.

Unless otherwise stated, registration is required for our programs.



Southern Supportive Care Staff
Maria, Katrina, Geraldine, and Lynn

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