

What's On in June

Southern Cancer Support Centre

Programs

Yoga

Every Monday from 1pm - 2pm

Bowen Therapy

Every second Thursday

Reflexology

Monthly by appointment

Exercise Physiologist - by referral

Rest and Reset

Every Friday 10 am by walk in

Oncology Massage

Appointments available every first and third Friday of the month

Centrelink

Fortnightly by appointment

Walking Group

Fortnightly on alternating Wednesdays and Fridays 10am - 12noon.

BYO Craft Group

Fortnightly Tuesdays 10.30am -12.30pm. Drop in with your own project, no registration required.

Art Program

Every fourth Wednesday 1-3 pm

Qi Gong-Triabunna

Thursdays 10-11 a.m-registration essential

Nutrition and Exercise for people living with Cancer Workshop Huonville

Tuesday June 30th 1- 3 30 pm-registration essential

Prostate Health Seminar

Thursday June 11th 10-12 30-St Luke's Wellness Hub Hobart-registrations essential

Support groups

Metastatic Breast Cancer

Second Wednesday of the month 2pm - 4pm.

Prostate Cancer

Third Tuesday of the month 2pm - 4pm.

All Cancers

Fourth Thursday of the month 2pm - 4pm

Registration is required for all programs, unless otherwise stated.

Southern Cancer Support Centre

15 Princes Street, Sandy Bay, Tasmania 7005

1300 65 65 85 | supportservicessouth@cancertas.org.au





Nutrition and Exercise **for people living with cancer**

Join us for a FREE informative workshop designed for anyone impacted by a cancer diagnosis.

Learn practical strategies to support your health and wellbeing through:

- Nutrition during and after cancer treatment
- Managing fatigue and improving strength through safe and effective exercise guidance
- Everyday wellbeing and recovery tips.

Facilitated by Ella, Accredited Dietitian and Alexis, Exercise Physiologist.

When: Tuesday June 30, 2026

Time: 1.00 - 3.30pm

Where: Huonville Hub, 23-25 Main St Huonville

This event is being delivered with thanks to Huonville Council for donating the space.

To register please phone 1300 65 65 85 or
email supportservicessouth@cancertas.org.au





Prostate health - everyone has a role

Prostate Health Seminar 2026

Discover the latest in prostate cancer research, early detection, screening, treatment, and local support at our welcoming community forum. Hosted by Cancer Council Tasmania and facilitated by Joel Reinberger, this event brings together leading experts to share practical insights for anyone wanting to better understand prostate cancer - not just those with a diagnosis.

Complimentary lunch and free goodies provided at Hobart event. This event is made possible thanks to funding from Prostate Cancer Foundation of Australia.

When: Thursday 11 June, 2026
Time: 10am - 12.30pm
Where: St Lukes Wellness Hub, Hobart or online
Enquiries: 1300 65 65 85

Register:



HOBART



ONLINE

Proudly affiliated with



**Prostate Cancer
Foundation of Australia**

What's On in June

Northern Cancer Support Centre

Programs

Centrelink

Appointments available first and third Monday of the month

Exercise Physiology

One on one appointments

Oncology Massage

Appointments available every Tuesday morning.

Reflexology

Appointments available every second Tuesday afternoon.

Wig service

By appointment or walk-in

Tai Chi

Every Tuesday from 11am - 12noon

Craft Group

Every second and fourth Thursday of the month 1.30pm - 3pm

Knitting Nook Group-all types of needlework

Every second and fourth Thursday of the month 12-1 30 p.m.

Wendy's Games Group

First Friday of the month 11am - 12.30 pm

Walking Group

Every Friday 10am - 11am

Coffee Club

Every Friday 11am-12pm

Look Good Feel Better Workshops

Check website www.lgfb.org.au for upcoming dates.

Living well with Cancer Program

Commencing June 16th-July 7th - registration essential

Prostate Health Seminar

Thursday 11th June 10 am-12 30 pm -registration essential

Northern Cancer Support Centre

69 Howick Street, Launceston, Tasmania 7250
1300 65 65 85 | supportservicesnorth@cancertas.org.au

Support groups

Men's All Cancer

Second Thursday of the month 10am - 12noon

Women's All Cancer

First Tuesday of the month 1.00pm-2.30pm

Registration is required for all programs.



What's On in June

North West Cancer Support Centre

Programs

Men's All Cancer Support Group

Support Centre Devonport - last Thursday of the month at 2pm.

Cancer Support Group Burnie

Enquire with support staff for enrolment and information.

Look Good Feel Better Workshops

Check website www.lgfb.org.au for upcoming dates.

Wig Service

By appointment at the Support Centre and NWCC.

North West Workshop-Yoga, Tai Chi and Art Therapy Saturday June 6th-Ulverstone Rowing Club-Registration essential

In the community

- Oncology Massage appointments.
- Centrelink appointments.
- Tai Chi.
- Outreach support in the Community by appointment.
- Face to Face support at the NW Cancer Centre Mon, Tuesday and Thursday.

Dixon's Pharmacy Wynyard

Face to Face support Thursday 2nd July 1 30-4 pm by appointment.
Please contact pharmacy on 6442 2132 or NW support team to book.

Registration is required for all programs.

North West Cancer Support Centre

1300 65 65 85 | supportservicesnw@cancertas.org.au
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

If you would like to see a Supportive Care staff member in our North West Centre please contact us to book a time.





Cancer Council Tasmania

North West workshop

Are you living on the North West coast and impacted by cancer? You're invited to come along to a free event where you can try yoga, Tai Chi or an air-dry clay art therapy class in a safe and supportive environment.

Our team of health professionals will be available to provide support and talk about other services available.

Where: Ulverstone Rowing Club

When: Saturday 6 June 2026

10.30am - Yoga (mat and chair)

11.15am - Lunch

12.15pm - Tai Chi and Art Therapy

To register phone 1300 65 65 85 or via the QR code.

SCAN HERE



**Cancer
Council**
Tasmania

All of us
against cancer