

# What's On in May

## Northern Cancer Support Centre

### Programs

#### Centrelink

Appointments available first and third Monday of the month

#### Exercise Physiology

One on one appointments

#### Strength and Balance Class

Commencing Wednesday 20<sup>th</sup> May 2-3 p.m.

#### 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](http://www.lgfb.org.au) for upcoming dates.

#### Living well with Cancer Program

Commencing June 16th-July 7th - registration essential

### Northern Cancer Support Centre

69 Howick Street, Launceston, Tasmania 7250

1300 65 65 85 | [supportservicesnorth@cancertas.org.au](mailto: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.**

