

# 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 30<sup>th</sup> 1- 3 30 pm-registration essential

#### Prostate Health Seminar

Thursday June 11<sup>th</sup> 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](mailto: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](mailto: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**

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Foundation of Australia**