

# What's On in January

## Southern Cancer Support Centre

### Centre will re open January 5th

### Programs

#### **Yoga**

Every Monday from 1pm - 2pm recommencing Jan 19th

#### **Bowen Therapy**

Appointments available every second and fourth Thursday

#### **Pilates**

6-week class commencing Mar 11th

#### **Mindfulness**

5-week class commencing Feb 2nd

#### **Exercise Physiologist - by referral**

#### **Rest and Reset (commencing January 16th)**

Every Friday 10 am by walk in

#### **Oncology Massage**

Fortnightly by appointment

#### **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

#### **Triabunna Qi Gong**

6 week program commencing Thur Jan 15th-registration essential

### Support groups

#### **Metastatic Breast Cancer**

Second Wednesday of the month 2pm - 4pm.

#### **Gastro-Intestinal Cancer**

Second Thursday of the month 2pm - 4pm recommencing February

#### **Prostate Cancer**

Third Tuesday of the month 2pm - 4pm.

#### **All Cancers**

Fourth Tuesday 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



# What's On in January

## Northern Cancer Support Centre Centre will re-open January 5th

### Programs

#### Centrelink

Appointments available every second Thursday.

#### 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 recommencing Jan 13th

#### Craft Group

Every second and fourth Thursday of the month 1.30pm - 3pm recommencing Feb 12th

#### Knitting Nook Group

Every second and fourth Thursday of the month 11-12 30 pm commencing Feb 12th

#### Wendy's Games Group

First Friday of the month 11am - 12 30 pm recommencing Feb 6th

#### Walking Group

Every Friday 10am - 11am. recommencing Jan 9th

#### Look Good Feel Better Workshops

Check website [www.lgfb.org.au](http://www.lgfb.org.au) for upcoming dates.

### Support groups

#### Men's All Cancer

Second Thursday of the month 10am - 12noon recommencing Feb 12th

#### Women's All Cancer

First Tuesday of the month 1.00 p.m-2 30 p.m recommencing Feb 3rd

**Registration is required for all programs.**

**Northern Cancer Support Centre**

69 Howick Street, Launceston, Tasmania 7250

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



# What's On in January

## North West Cancer Support Centre

Centre will re-open on January 5th

### Programs

#### Men's All Cancer Support Group

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

#### Cancer Support Group Burnie

Enquire with support staff for enrolment and information

#### Look Good Feel Better Workshops

Check website [www.lgfb.org.au](http://www.lgfb.org.au) for upcoming dates.

#### Wig Service

By appointment at the Support Centre and NWCC

### 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

**Registration is required for all programs.**

#### North West Cancer Support Centre

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

1300 65 65 85 | [supportservicesnw@cancertas.org.au](mailto:supportservicesnw@cancertas.org.au)  
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

