

# What's On in September

## Southern Cancer Support Centre Programs

### **Yoga**

Every Monday from 1pm - 2pm.

### **Pilates**

Starting Wednesdays 12 30 pm from October 15th-November 19th

### **Mindfulness**

Starting Monday's 11 am from October 13th-November 17th

### **Bowen Therapy**

Appointments available every second and fourth Thursday.

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

### **Rest and Reset**

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

### **Workshops**

### **Floral Art and Cancer Support Workshop**

Thursday 11<sup>th</sup> September-see attached flyer

## **Support groups**

### **Metastatic Breast Cancer**

Second Wednesday of the month 2pm - 4pm.

### **Gastro-Intestinal Cancer**

Second Thursday of the month 2pm - 4pm.

### **Prostate Cancer**

Third Tuesday of the month 2pm - 4pm.

### **All Cancers**

Fourth Tuesday of the month 2pm - 4pm.

### **Triabunna Support Group**

Please contact Support Services for more information

**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)



**Cancer  
Council**  
Tasmania

All of us  
against cancer



# Floral Art & Cancer Support

**You're invited to join us for a floral art workshop - free for anyone impacted by cancer, including the person diagnosed, carers, and loved ones.**

Where: Peppermint Bay, 3435 Channel Highway, Woodbridge

When: Thursday 11 September 2025, 10.00 am

With guidance from well-known florist Lisa Kingston, this workshop will foster connection, creativity & peer support in a beautiful environment. Cancer Council Tasmania's supportive care staff will be present to provide information and resources on cancer supportive care services in Tasmania.

This 2-hour workshop includes a hands-on session where you'll create your own floral arrangement to take home, along with a relaxed morning tea.

**Registrations are essential.**

**For more information and to register, please email [supportservicessouth@cancertas.org.au](mailto:supportservicessouth@cancertas.org.au) OR call 1300 65 65 85.**

# What's On in September

## Northern Cancer Support Centre

### Programs

#### Centrelink

Appointments available every second Thursday.

#### Oncology Massage

Appointments available every Tuesday morning.

#### Reflexology

Appointments available every second Tuesday afternoon.

#### Exercise Physiotherapy

Appointments available every Monday

#### Wig service

By appointment or walk-in

#### Tai Chi

Every Tuesday from 11am - 12noon.

#### Pilates

Monday's 12 pm-1 pm

#### North Knitting and Crochet Group

Starting October 2<sup>nd</sup> 11-12 30 pm

#### Craft Group

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

#### Wendy's Games Group

First Friday of the month 11am - 1pm.

#### Walking Group

Every Friday 10am - 11am.

#### 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.

#### Women's All Cancer

First Tuesday of the month 1.00 p.m-2 30 p.m

**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 September

## North West Cancer Support Centre 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

### Exercise Physiotherapy

First Friday of the month alternating between the North West Cancer Support Centre in Devonport and the North-West Regional Hospital (NWRH) Wellness Centre in Burnie

## 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

