

What's On in October

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

Qi Gong in Triabunna

Tuesday 10-11 a.m October 7th-November 11th-contact Supportive Care for more information

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.

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





Qi Gong in Triabunna

Qi Gong is a traditional Chinese exercise designed to promote health and wellbeing. It involves slow rhythmic movement, mindful breathing and a strong emphasis on relaxation.

These six classes are free for anyone impacted by cancer, including those diagnosed, carers, loved ones or bereaved. No experience required, suitable for all abilities. Taught by local Chinese Medicine practitioner Jeremy Kim.

When; Tues 7th Oct-Tues 11th Nov

Time; 10.00-11.00 a.m.

Where; The Village-20 Melbourne St, Triabunna

Registrations are essential. For more information or to register to attend please email supportservicessouth@cancertas.org.au or call 1300 65 65 85

What's On in October

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.

Strength and Balance

Monday's 12-1 pm starting November 17th

North Knitting and Crochet Group

Starting October 2nd 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 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



What's On in October

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 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
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

