

What's On in February

Southern Cancer Support Centre

Programs

Yoga

Every Monday from 1pm - 2pm

Bowen Therapy

Appointments available every second and fourth Thursday

Pilates

6-week class commencing Wednesday Mar 11th

Mindfulness

6 week class commencing Friday Feb 13th

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

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 February

Northern Cancer Support Centre

Programs

Centrelink

Appointments available first and third Thursday of the month

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 for upcoming dates.

Yoga in St Helen's

Commencing Feb 26th-registration essential

Living well with Cancer Survivorship Program

Commencing Tuesday March 2nd-registration essential

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



**Cancer
Council**
Tasmania

All of us
against cancer



Yoga in St Helens

You're invited to join us for a 6 week yoga program – offering gentle movement, breathing, and relaxation practices facilitated by local yoga teacher Pip Layton.

These classes are free for anyone impacted by cancer, including the person diagnosed, loved ones, or bereaved.

No experience required.

Time : Thursdays 11am - 12pm, 26 Feb - 2 April

Location: Sunrock Yoga Studio, 60 Cecilia St, St Helens

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

What's On in February

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

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

