What's On in December

Southern Cancer Support Centre Centre will close 1pm Dec 24th and reopen 9 30 a.m Jan 5th.

End of Year Celebration-December 3rd 10 30 a.m -12 p.m - please call or email to register

Programs

Yoga

Every Monday from 1pm - 2pm.

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

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



What's On in December

Northern Cancer Support Centre Centre will close 1 p.m Dec 24th and re-open 9 30 a.m. Jan 5th

End of Year Celebration December 10th 11 a.m-1 p.m-please call or email to register **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.

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 <u>www.lgfb.org.au</u> 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 December

North West Cancer Support Centre Centre will close 1 p.m. Dec 24th and re-open 9 30 a.m Jan 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 <u>www.lgfb.org.au</u> 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

