

# 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](mailto: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](http://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](mailto:supportservicesnorth@cancertas.org.au)





# **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](mailto: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](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

