

# 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.