# **What's On in November 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

#### **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**

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