

# 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

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**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](mailto:supportservicesnorth@cancertas.org.au) or call 1300 65 65 85.