

# What's On in January

## Southern Cancer Support Centre

### Centre will re open January 5th

### Programs

#### **Yoga**

Every Monday from 1pm - 2pm recommencing Jan 19th

#### **Bowen Therapy**

Appointments available every second and fourth Thursday

#### **Pilates**

6-week class commencing Mar 11th

#### **Mindfulness**

5-week class commencing Feb 2nd

#### **Exercise Physiologist - by referral**

#### **Rest and Reset (commencing January 16th)**

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

#### **Triabunna Qi Gong**

6 week program commencing Thur Jan 15th-registration essential

### **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**

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