

# What's On in September

## Southern Cancer Support Centre Programs

### **Yoga**

Every Monday from 1pm - 2pm.

### **Pilates**

Starting Wednesdays 12 30 pm from October 15th-November 19th

### **Mindfulness**

Starting Monday's 11 am from October 13th-November 17th

### **Bowen Therapy**

Appointments available every second and fourth Thursday.

### **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

### **Workshops**

### **Floral Art and Cancer Support Workshop**

Thursday 11<sup>th</sup> September-see attached flyer

## **Support groups**

### **Metastatic Breast Cancer**

Second Wednesday of the month 2pm - 4pm.

### **Gastro-Intestinal Cancer**

Second Thursday of the month 2pm - 4pm.

### **Prostate Cancer**

Third Tuesday of the month 2pm - 4pm.

### **All Cancers**

Fourth Tuesday of the month 2pm - 4pm.

### **Triabunna Support Group**

Please contact Support Services for more information

**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)





# Floral Art & Cancer Support

**You're invited to join us for a floral art workshop - free for anyone impacted by cancer, including the person diagnosed, carers, and loved ones.**

Where: Peppermint Bay, 3435 Channel Highway, Woodbridge

When: Thursday 11 September 2025, 10.00 am

With guidance from well-known florist Lisa Kingston, this workshop will foster connection, creativity & peer support in a beautiful environment. Cancer Council Tasmania's supportive care staff will be present to provide information and resources on cancer supportive care services in Tasmania.

This 2-hour workshop includes a hands-on session where you'll create your own floral arrangement to take home, along with a relaxed morning tea.

**Registrations are essential.**

**For more information and to register, please email [supportservicessouth@cancertas.org.au](mailto:supportservicessouth@cancertas.org.au) OR call 1300 65 65 85.**