

# What's On in February

## Southern Cancer Support Centre

### Programs

#### **Yoga**

Every Monday from 1pm - 2pm

#### **Bowen Therapy**

Appointments available every second and fourth Thursday

#### **Pilates**

6-week class commencing Wednesday Mar 11th

#### **Mindfulness**

6 week class commencing Friday Feb 13th

#### **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

## 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**

15 Princes Street, Sandy Bay, Tasmania 7005

1300 65 65 85 | [supportservicessouth@cancertas.org.au](mailto:supportservicessouth@cancertas.org.au)

