

# What's On in October

## 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

### **Qi Gong in Triabunna**

Tuesday 10-11 a.m October 7th-November 11th-contact Supportive Care for more information

## 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.

**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)





# Qi Gong in Triabunna

Qi Gong is a traditional Chinese exercise designed to promote health and wellbeing. It involves slow rhythmic movement, mindful breathing and a strong emphasis on relaxation.

These six classes are free for anyone impacted by cancer, including those diagnosed, carers, loved ones or bereaved. No experience required, suitable for all abilities. Taught by local Chinese Medicine practitioner Jeremy Kim.

**When; Tues 7<sup>th</sup> Oct-Tues 11<sup>th</sup> Nov**

**Time; 10.00-11.00 a.m.**

**Where; The Village-20 Melbourne St, Triabunna**

Registrations are essential. For more information or to register to attend please email [supportservicessouth@cancertas.org.au](mailto:supportservicessouth@cancertas.org.au) or call 1300 65 65 85