

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

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