

# What's On in January

## Southern Cancer Support Centre

Please note our centre will be closed from  
1.00pm 24th December 2024 - 9.30am 2nd January 2025.

### **Yoga**

Every Monday from 1pm - 2 pm.

### **Pilates**

Wednesday's 12 30 commencing 19 Feb

### **Bowen Therapy**

Appointments available every second and fourth Thursday.

### **Exercise Physiologist**

By referral.

### **Qi Gong St Luke's**

Tuesday's 2pm commencing 4th Feb

### **Oncology Massage**

Appointments available every first and third Monday.

### **Centrelink**

Appointments available every second Tuesday.

### **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 third Wednesday 2-4 pm

### **SUPPORT GROUPS**

#### **Metastatic Breast Cancer**

Second Wednesday of the month 2pm - 4pm.

#### **Bowel 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

#### **Swansea**

Fourth Monday of the month 10.30 a.m.

#### **Triabunna**

3rd Wednesday of the month 5 pm

*Unless otherwise stated, registration is required for all of our programs.*

### **Southern Cancer Support Centre**

03 6169 1900 | [supportservicessouth@cancertas.org.au](mailto:supportservicessouth@cancertas.org.au)

15 Princes Street, Sandy Bay, Tasmania 7005



# What's On in January

## Northern Cancer Support Centre

Please note our centre will be closed from  
1.00pm 24th December 2024 - 9.30am 2nd January 2025.

### Tai Chi

Every Tuesday from 11am - 12noon starting Jan 7th

### Exercise Physiotherapy

Appointments available every Monday- from Jan 6th

### Centrelink

Appointments available every Thursday.

### Hairdressing and Wig Fitting service

Appointments available every second Thursday (returning in February 2025).

### Oncology Massage

Appointments available every Tuesday morning from Jan 7th

### Reflexology

Appointments available every second Tuesday afternoon from Jan 7th

### Craft Group

Every second and fourth Thursday of the month 1.30pm - 3pm starting Jan 9th

### Games Afternoon

First Thursday of the month 1.30pm - 3.30pm.(returning Feb 7th)

### Look Good Feel Better Workshops

Tuesdays 10am - 12.30pm. Check website [www.lgfb.org.au](http://www.lgfb.org.au) for upcoming dates.

### Walking Group

Every Friday 10am - 11am. starting Jan 10th

## SUPPORT GROUPS

### Men's All Cancer

Second Thursday of the month 10am - 12noon.

### Women's All Cancer

First Tuesday of the month 1.30 pm - 3pm .

*Unless otherwise stated, registration is required for all of our programs.*

## Northern Cancer Support Centre

03 6779 1100 | [supportservicesnorth@cancertas.org.au](mailto:supportservicesnorth@cancertas.org.au)

69 Howick Street, Launceston, Tasmania 7250



# What's On in January

## North West Cancer Support Centre

Please note our centre will be closed from  
1.00pm 24th December 2024 - 9.30am 2nd January 2025.

### Men's Support Group

Last Thursday of the month from 2pm.

### Look Good Feel Better Workshops

Wednesdays 10am - 12.30pm.

Check website [www.lgfb.org.au](http://www.lgfb.org.au) for upcoming dates.

### Wig Service

By appointment and at the North-West Regional Hospital (NWRH) Wellness Centre.

### In the Community

- Oncology Massage appointments.
- Centrelink appointments.
- Tai Chi.
- Cancer Support Group - Burnie region.
- Outreach at NWRH every Monday, Tuesday and Thursday.

If you would like to see a Supportive Care staff member in our Devonport Centre please contact us to book a time.

*Unless otherwise stated, registration is required for all of our programs.*

### North West Cancer Support Centre

03 6419 4200 | [supportservicesnw@cancertas.org.au](mailto:supportservicesnw@cancertas.org.au)  
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

