

What's On in February

Southern Cancer Support Centre

Programs

Yoga

Every Monday from 1pm - 2pm.

Qi Gong at St Luke's Wellness Hub

Tuesdays 2pm - 3pm commencing 4 Feb.

Bowen Therapy

Appointments available every second and fourth Thursday.

Exercise Physiologist

By referral.

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.

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.

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



What's On in February

Northern Cancer Support Centre

Cancer Wellbeing Day - Wednesday 19 March 12 - 6pm

Programs

Centrelink

Appointments available every Thursday.

Oncology Massage

Appointments available every Tuesday morning.

Reflexology

Appointments available every second Tuesday afternoon.

Exercise Physiotherapy

Appointments available every Monday.

Hairdressing and Wig Fitting service

Appointments available every second Thursday.

Tai Chi

Every Tuesday from 11am - 12noon.

Pilates

6 week course starting Monday 3 March & Monday 26 May.

Strength & Balance

4 week course starting Monday 28 April.

Craft Group

Every second and fourth Thursday of the month 1.30pm - 3pm.

Games Group

First Friday of the month 11am - 1pm.

Walking Group

Every Friday 10am - 11am.

Look Good Feel Better Workshops

Monthly on a Tuesday 10am - 12.30pm. Check website www.lgfb.org.au for upcoming dates.

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.

Registration is required for all programs.

Northern Cancer Support Centre

69 Howick Street, Launceston, Tasmania 7250

1300 65 65 85 | supportservicesnorth@cancertas.org.au





Cancer Wellbeing Day

Come along and find out about a range of cancer support services, talk to health professionals and experience what supportive care can offer.

There will be free nutritious food and cooking demonstrations, workshops, massage, Tai Chi, Exercise Physiotherapy and more - all at no cost.

When: Wednesday 19 March 2025, 12-6pm

Where: Cancer Council Tasmania, 69 Howick St, Launceston

Who: Health providers and anyone impacted by cancer, the person diagnosed, family, friends or loved ones are welcome

If you'd like to get involved, more information or to register please email supportservicesnorth@cancertas.org.au or call 1300 65 65 85.

What's On in February

North West Cancer Support Centre

Cancer Wellbeing Day - Wednesday 19 March 12 - 6pm

Programs

Men's All Cancer Support Group

Last Thursday of the month from 2pm.

Look Good Feel Better Workshops

Monthly on a Wednesday 10am - 12.30pm.

Check website www.lgfb.org.au for upcoming dates.

Wig Service

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

Exercise Physiotherapy

First Friday of the month alternating between the North West Cancer Support Centre in Devonport and the North-West Regional Hospital (NWRH) Wellness Centre in Burnie.

In the community

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

Registration is required for all programs.

North West Cancer Support Centre

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

1300 65 65 85 | supportservicesnw@cancertas.org.au
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

