

What's on in July at the North West Cancer Support Centre:

Our Art Program is held here on the first Tuesday of each month from 10am.

We host a Men's Support Group here on the last Thursday of each month from 2pm.

Look Good Feel Better workshops, variable dates on Wednesday, 10am-12.30pm, please check website www.lgfb.org.au for upcoming dates.

Wig Service Appointments available in our Centre and at the North West Regional Hospital (NWRH) Wellness Centre.

In the community:

Oncology Massage Appointments

Centrelink Appointments

Tai chi is an ongoing program of ours based in the community. Please talk to Support Centre staff to learn how this works.

Cancer support group in the Burnie region, please contact Supportive Care staff for more information.

Kris and Stan do outreach at NWRH every Monday, Tuesday and Thursday.

Unless otherwise stated, registration is required for our programs.



North West Supportive Care Staff

Kris and Stan

Phone: 6419 4200

Mobile: 0428 084 518

Email: supportservicesnw@cancertas.org.au

What's on in July at the Northern Cancer Support Centre:

Tai Chi is held every Tuesday from 11am-Midday.

Exercise Physiotherapy appointments available every Monday.

Oncology Massage appointments available every Tuesday.

Pilates program running from Monday 1 July to 5 August, 1pm-2pm.

NEW: Yoga, every Monday from 9:30am to 10:30am.

Centrelink Appointments every Thursday morning.

Hairdressing services available alternating Thursdays.

NEW: Walking Group, every Friday from 10am to 11am.

Craft Group, every 2nd and 4th Thursday, 1.30pm-3pm. Bring your own project or join in with materials supplied.

Games Afternoon runs on first Thursday of the month, 1.30pm-3.30pm.

Look Good Feel Better workshops, variable dates on Tuesdays, 10am -12.30pm, please check website www.lgfb.org.au for upcoming dates.

Men's Cancer Support Group held on the second Thursday of each month, 10am-Midday.

Women's Cancer Support Group held on the first Tuesday of each month, 1:30pm-3pm.

Unless otherwise stated, registration is required for our programs.



Northern Supportive Care Staff

Luisa, Yasmine and Emma

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What's on in July at the Southern Cancer Support Centre:

NEW: Yoga, starting every Monday from 8 July, 1pm to 2pm.

Bowen Therapy appointments available every 1st and 3rd Thursday.

Oncology Massage appointments available every 1st and 3rd Monday.

Walking Group runs fortnightly on alternating Fridays & Wednesdays.

Our Art Program is held the third Wednesday of the month, 1pm-3pm.

BYO Craft Group runs fortnightly on a Tuesday, 10:30am-12:30pm. Drop in with your own project, no registration required.

Metastatic Breast Cancer Support Group held the second Wednesday of each month, 2pm-4pm.

All Cancers Support Group held the fourth Tuesday of each month, 2pm-4pm.

Prostate Cancer Support Group held the third Tuesday of the month, 2pm-4pm.

In the Community-St Lukes

Pilates Program running from Monday 22 July to 26 August, 1pm to 2pm.

Qi Gong running from Friday 5 July to 2 of August, 10am to 11am.

Unless otherwise stated, registration is required for our programs.



Southern Supportive Care Staff

Maria, Katrina, Geraldine, and Lynn

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