

What's on in November

Southern Cancer Support Centre

Yoga

Intro to Yoga Mondays 1 -2 pm

Bowen Therapy

Appointments available every second and fourth Thursday.

Oncology Massage

Appointments available every first and third Monday.

Centrelink

Appointments every second Tuesday.

Walking group

Fortnightly on alternating Fridays & Wednesdays.

BYO craft group

Fortnightly Tuesdays, 10.30am-12.30pm. Drop in with your own project, no registration required.

Art program

Wednesday 20 November

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

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

Southern Cancer Support Centre

03 6169 1900 | supportservicessouth@cancertas.org.au
15 Princes Street, Sandy Bay, Tasmania 7005



What's on in November

Northern Cancer Support Centre

Tai Chi

Every Tuesday from 11am-12noon.

Exercise Physiotherapy

Appointments available every Monday.

Centrelink appointments

Every Thursday morning.

Hairdressing services

Available alternating Thursdays.

Oncology Massage

Every Tuesday morning

Reflexology

Every second Tuesday

Craft Group

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

Games Afternoon

First Thursday of the month, 1.30pm-3.30pm.

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Look Good, Feel Better workshops

10am-12.30pm, Tuesday 26th November Register at:; lgfb.org.au

Walking Group

Every Friday, 10am-11am.

SUPPORT GROUPS

Men's Cancer

Second Thursday of the month, 10am-12noon.

Women's Cancer

First Tuesday of the month 1.30 pm -3pm

Registration is required for all of our programs.

Northern Cancer Support Centre

03 6779 1100 | supportservicesnorth@cancertas.org.au

69 Howick Street, Launceston, Tasmania 7250



What's on in November

North West Cancer Support Centre

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 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
Suite 2 / 45 Best Street, Devonport, Tasmania 7310

