



**Cancer
Council**
Tasmania

All of us
against cancer

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

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