

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.