

What's On in January

Southern Cancer Support Centre

Please note our centre will be closed from
1.00pm 24th December 2024 - 9.30am 2nd January 2025.

Yoga

Every Monday from 1pm - 2 pm.

Pilates

Wednesday's 12 30 commencing 19 Feb

Bowen Therapy

Appointments available every second and fourth Thursday.

Exercise Physiologist

By referral.

Qi Gong St Luke's

Tuesday's 2pm commencing 4th Feb

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 2-4 pm

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

Swansea

Fourth Monday of the month 10.30 a.m.

Triabunna

3rd Wednesday of the month 5 pm

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

Southern Cancer Support Centre

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