

# 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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