# **What's On in December**

# **Southern Cancer Support Centre**

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

\*End of Year Celebration - Tuesday 10th December 10.30am -12noon\*

# Yoga

Every Monday from 1pm - 2 pm.

#### **Bowen Therapy**

Appointments available every second and fourth Thursday.

# **Exercise Physiologist**

By referral.

## **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.

### **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**

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