

What's On in May

Southern Cancer Support Centre

Programs

Yoga

Every Monday from 1pm - 2pm recommencing May 4th

Bowen Therapy

Every second Thursday

Reflexology

Monthly by appointment

Exercise Physiologist - by referral

Rest and Reset

Every Friday 10 am by walk in

Oncology Massage

Appointments available every first and third Friday of the month

Centrelink

Fortnightly by appointment

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 fourth Wednesday 1-3 pm

Qi Gong-Triabunna

Thursdays 10-11 a.m-registration essential

Managing Stress during a Cancer Diagnosis Workshop-Woodbridge

Thursday May 7th 11 am -2 pm-registration essential

Support groups

Metastatic Breast Cancer

Second Wednesday of the month 2pm - 4pm.

Prostate Cancer

Third Tuesday of the month 2pm - 4pm.

All Cancers

Fourth Thursday of the month 2pm - 4pm

Registration is required for all programs, unless otherwise stated.

Southern Cancer Support Centre

15 Princes Street, Sandy Bay, Tasmania 7005

1300 65 65 85 | supportservicessouth@cancertas.org.au





Managing stress during a cancer diagnosis

Please come and join our free wellbeing workshop with Dr. Rebecca Chabot. With over 25 years in the field of wellness and a PhD in science, Rebecca provides a scientific approach to restoring balance to the mind, body and emotions.

This complimentary workshop is for anyone who is impacted by cancer whether it be your own diagnosis or that of a loved one. This workshop will focus on stress management techniques using breathwork and body awareness as tools to help manage the challenges associated with a cancer diagnosis.

Light lunch and hot drinks will be provided.

Time : 7th of May from 11am-2pm

Location: Woodbridge Community Hall, 3445 Channel Hwy in Woodbridge

Registrations are essential. For more information or to register to attend please email supportservicessouth@cancertas.org.au or call 1300 65 65 85.