

Join our Walking Group!

Cancer Council Tasmania and Heart Foundation Walking have partnered to offer an outdoors-based group for adults impacted by any type of cancer and their carers. The group is not about high intensity exercise, you can go to the gym for that, it's about gentle walking in a supportive environment with people that understand. It's companionship with healthy benefits!



The latest evidence suggests that exercise is beneficial for most people during cancer treatment and survivorship. The benefits of which are physical, emotional and psychological.



We have a number of trained volunteers that are ready to take clients, who could be patients, survivors and carers on low impact walks around Hobart finishing in a cafe for a social coffee or drink.

If this sounds like something you may be interested in, or if you would like further information, please contact Sarah on 6169 1900.

Food, Glorious Food and Fabulous Fibre

To celebrate Seniors Week you are invited to come and see the new Cancer Support Centre and enjoy a bowl of minestrone soup.

Bowel cancer is now the second most common cancer in Tasmania. Come along on October 18th and learn about the early signs and symptoms of bowel cancer and ways to reduce your risk.

Please RSVP for catering purposes on 6169 1900

New Cancer Council resource

Understanding Targeted Therapy factsheet

Cancer Council has developed a new national fact sheet to help cancer patients and their families understand promising new targeted therapy drugs and if they are a suitable treatment option.



Understanding Targeted Therapy is available for download at

www.cancercouncil.com.au/targetedtherapy

Programs and Activities

Bowen Therapy Oncology Massage

Bowen Therapy is designed to assist with the effects of cancer and cancer treatment. We have appointments available for those with a current cancer diagnosis. Please contact our Support staff on 6169 1900 to make a booking.

Carers Cancer Support Group

Support and information for partners or immediate carers of adults impacted by cancer. Meetings are held monthly on Wednesday's. **Registration is required, please contact Support Staff on 6169 1900.**

Connections Pop Up Art Sessions

CCT is offering the opportunity to participate in pop up art sessions to anyone impacted by cancer. We are offering weekly sessions supported by an onsite Therapeutic Creative Arts Facilitator. **For all enquiries please contact Jan Janssen on 6169 1900.**

GIRLS' NIGHT IN

Host a Girls' Night In this October and donate the money you would spend on going out to Cancer Council's work in research, prevention and support for women's cancers.

REGISTER TODAY

GIRLSNIGHTIN.COM.AU
1300 65 65 85



What's on in September? (RR: Registration Required)

Wednesday	5	East Coast Cancer Support Group (RR)
Friday	7	Connections Pop Up Art Session
Monday	10	Creative Arts Cancer Support Group (RR)
Tuesday	11	Young Adults Cancer Support Group (RR)
Wednesday	12	Carers Cancer Support Group (RR)
Thursday	13	Bowen Therapy Massage (by appointment only) Prostate Cancer Support Group (RR)
Friday	14	Walking Group (RR) Connections Pop Up Art Session
Sunday	16	Women's 5km Walk and Run (Launceston)
Monday	17	Centrelink Appointments (by appointment only)
Tuesday	18	Huon Valley Cancer Support Group (RR)
Thursday	20	Eastern Shore Prostate Cancer Support Group (RR)
Friday	21	Semi Colon (Bowel) Cancer Support Group (RR) Connections Pop Up Art Session
Wednesday	26	Walking Group (RR)
Thursday	27	Bowen Therapy Massage (by appointment only) Generic Cancer Support Group (RR)
Friday	28	Head & Neck Cancer Support Group (RR) Connections Pop Up Art Session

Please don't hesitate to call the Centre on **6169 1900** or visit us at **15 Princes St Sandy Bay** if you'd like any further information on any of the services provided by Cancer Council Tasmania.

To unsubscribe from this newsletter please email Mikki at reception@cancertas.org.au