

January 2019

Programs and Activities

Leaning In - Mindfulness and Meditation

A diagnosis of cancer can bring up a range of emotions. Learning to quieten your mind through meditation may help you think more clearly and feel calmer. Meditation is an ancient practice that involves holding your attention on a subject such as breathing. There are many different types of meditation. Mindful meditation means being aware and present in each moment.

Accredited Meditation Teacher, Juliana Bartulin will be conducting a six week course on meditation and mindfulness at the Hobart Cancer Support Centre starting on Thursday the 14th of February from 11am-12pm. This program has been specifically tailored for people living with cancer related issues and needs.

An information session about the program will be run on the 17th of January from 11am at the Centre, Princes St Sandy Bay. To register or for any enquiries please contact Marg McKenzie on 6169 1900.

Relay For Life - Register for 2019

DATE (2019)	REGION	VENUE
Feb 23 rd - 24 th	Derwent Valley	Tynwald Park, New Norfolk
Mar 16 th - 17 th	North West	Penguin Sports Complex
Mar 23 rd - 24 th	Hobart	Domain Athletics Centre
Mar 30 th - 31 st	Launceston	Northern Athletics Centre

Register: www.relayforlife.org.au
Contact: Anthony Edwards / aedwards@cancertas.org.au

Moving Through Cancer

Cancer Council Tasmania is providing free access to Exercise Physiology for patients undergoing cancer treatments. This programme is offered through the generous fundraising efforts of Dry July. For more information please call our support team on 6169 1900.



New Programs in 2019

We have many new programs starting in 2019 including:

- Mindfulness and Meditation
- Moving Through Cancer - an exercise program for people having treatment
- Art therapy for young people
- Womens forum
- 1000 Hearts - Sewing for Kindness
- Parents workshop

For more information please contact the support team on 6169 1900

Wig Service

Our **free** service is available to Tasmanians experiencing hair loss as a result of their cancer treatment. Ring to make an appointment or just drop in to choose a suitable wig from our extensive range. New wigs arrive regularly.

Centrelink Appointments

Offering a range of advice, payments and services for people with a cancer diagnosis in our friendly, welcoming environment. To make an appointment please contact the support team on 6169 1900.

Cancer Council Tasmania Shop

The Cancer Council Tasmania shop is open at our Southern Cancer Support Centre. We have a full range of sunglasses, hats, sunscreen and more.

Seize the Day Educational Scholarships

The Seize the Day Educational Scholarships are now open. They are available for 16-25 year olds impacted by cancer.

This scholarship says to me 'someone cares, what you've been through hasn't gone unnoticed'. It's a hand reaching out to lead me forward into the future. It's suggesting to me that I can make a difference. A cancer diagnosis, on one hand terrifying, on the other a chance to offer support, friendship, hope." ~ Alice, Scholarship recipient

Cancer Council Tasmania offers financial assistance for young Tasmanians impacted by cancer who are aged 16-25yo and engaging in post-secondary study in 2019. These scholarships are a way of acknowledging the struggle young people experience when they or someone they love receive a cancer diagnosis – it's our way of saying we care. For more information, please contact Cancer Council Tasmania on 1300 656 585.



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

Tuesday	1	The Taste of Tasmania
Wednesday	2	Centre Opens
Thursday	3	Shop closed for stocktake
Wednesday	16	Walking Group (RR)
Thursday	17	Leaning—In Mindfulness and Meditation Information Session 11am-12pm (RR)
Monday	21	Centrelink Appointments (by appointment only)
Wednesday	23	Exercise Physiology (RR) Mindfulness & Meditation (RR)
Wednesday	30	Exercise Physiology (RR)
Thursday	31	Walking Group (RR)

2018 Telstra Business Awards Winner

Tasmania Social Change Maker



#TelstraBizAwards

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 Reception at reception@cancertas.org.au