



Everyone has the power to reduce the impact of cancer. What will you do?

<http://worldcancerday.org>

February 2019

Programs and Activities

Cancer Support Group

A generic cancer support group open to men and women and their partners. The group will meet on the third Friday of every second month.

Next meeting: March 15th

Contact Megan 61779 1100

Young Women's Support Group

Open to all young women affected by cancer. Held on the last Saturday of the month. **Next meeting: February 23rd**

Next meeting: February 23rd

Contact Megan 6779 1100

Therapeutic Massage

We have appointments available for those with a current cancer diagnosis who might benefit from a relaxing massage.

For an appointment please contact Ros or Megan 6779 1100

Wig Service

Our **free** service is available to Tasmanians experiencing hair loss as a result of their cancer treatment. Pop in anytime and choose a suitable wig from our extensive range.

New wigs arrive regularly.

Men's Cancer Support Group

A supportive, educative group for men diagnosed with cancer (and their partners). Group meets on the second Thursday of alternate months.

Next meeting : February 21st

Contact Ros 6779 1100

Gynaecological Cancer Support Group

A chance to share your story and gain helpful support from people who understand. Group meets on the third Thursday of each month.

Next meeting: February 19th

Contact Megan 6779 1100

Coffee and Craft Group

Why not join this casual, friendly fortnightly get together. Bring your own project or learn something new. Group meets on the second and fourth Thursday of each month.

Next get together : **February 14th**

All welcome!

Seize the Day Scholarships

Applications open now

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. For more information, please contact Cancer Council Tasmania on 1300 656 585.

Introduction to Pilates

A gentle introduction to Pilates for anyone with a cancer diagnosis- focusing on balance , body awareness and stability .

This six week program is designed to assist you gain a sense of control over your body ,health and recovery.

Program starts Monday 18th March

Registration and pre start assessment required.

Contact Ros 6779 1100



DRY JULY
FOUNDATION

Group Nutrition Program

Group Nutrition program- Incorporating information on nutrition, cooking demonstrations and involving participants. Help in sorting fact from fiction when it comes to diets, nutrition for cancer and health in general.

Contact Ros 6779 1100



DRY JULY
FOUNDATION

Hearing Checks

Free Hearing checks for anyone affected by cancer .Clients receive a FREE 20 minute hearing test and information on your hearing health



Australian
Hearing®

Contact Ros 6779 1100



NEW



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NEW



Your chance to win!

We've partnered with a charity raffle - Play for Purpose

Play for Purpose

We're always looking at new ways to help raise funds for Tasmanian's impacted by cancer so Cancer Council Tasmania has partnered with the charity raffle, Play for Purpose. By purchasing tickets in this raffle you will help raise much needed funds for our Moving Through Cancer exercise physiology program, for people undergoing cancer treatment.

With **1 in 34** chance of winning you could win \$250k cash, cars, boat and travel vouchers or the ultimate holiday!



Visit <https://playforpurpose.com.au/cancer-council-tasmania> to enter.

Good luck and thank you for supporting Tasmanians impacted by cancer.

What's on in February

Monday	4	World Cancer Day
Wednesday	6	Centrelink
Thursday	7	Breast & Gynaecological Cancer Support Group
Friday	8	Leukaemia Foundation Support Group
Monday	11	Massage
Wednesday	13	Centrelink
Thursday	14	Mens Cancer Support Group Coffee & Craft Group
Tuesday	19	Look Good Feel Better
Thursday	21	Gynaecological Cancer Support Group
Friday	22	Palliative Care
Wednesday	27	Centre closing at 11.00am—Launceston Cup Half Day holiday
Thursday	28	Coffee & Craft Group

Please don't hesitate to call the Centre on 6779 1100 or pop into 69 Howick street Launceston if you'd like any further information on any of the services provided by Cancer Council Tasmania.

To subscribe or unsubscribe from this newsletter please email Georgina at cscl@cancertas.org.au