

September 2019

Jeanne Foster Public Talk - Everyone Welcome

Associate Professor Prue Cormie

'exercise as medicine for the management of cancer'

Thursday 12th September

Time 5.30pm-6.45 pm

Cancer Support Centre Launceston

RSVP essential COB 9th September to

admin@cancertas.org.au



Centrelink

Holding regular info sessions at the Centre

Offering a range of advice, payments and services for people with a cancer diagnosis.

Call us if you would like to arrange an appointment in our friendly, welcoming environment.

Contact Ros



Young Women's Support group

Open to all young women affected by cancer.

Casual, friendly chat around the warm fire.

Held on the last Tuesday of the month - late afternoons.

Next meeting: September 24th

Give Megan a call



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 October 18th

Contact Ros (**Registration required**)



Women's Wellness Workshop

Thursday October 31st

Session Presenters:

Michelle - Capri Launceston

Adele - Clinical Nurse Consultant

Kahlia - Exercise Physiologist

Sharon - Dietician

Contact Ros or Megan (Registration for any/all sessions required)



Programs and Activities

Breast Cancer Social Group

Pop in and join this group of friendly ladies for an informal get-together

Next get together September 17th

Contact Ros 6779 1100

Therapeutic Massage

We now have **extra** appointments available, thanks to a NewsCorp Grant, for those with a current cancer diagnosis, who haven't had a previous appointment, and 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. For an appointment, to choose a suitable wig from our extensive range, please contact Ros or Megan on 6779 1100.

New wigs arrive regularly.

Men's Cancer Support Group

A supportive, educative group for men diagnosed with cancer (and their partners).

Next meeting: September 12th

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: September 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: **September 12th**

Women's 5km Walk/Run

Sunday 15th September 2019

Suitable for all fitness levels, the Women's 5km Walk/Run takes participants through the beautiful streetscapes of Launceston.

This event is designed to support and encourage health awareness, raise vital funds for Cancer Council Tasmania and bring the community together in a celebration and remembrance of life. Our aim is to raise awareness for **all cancers**, of all ages and encourage women to get out and have some fun whilst being active. You can [support and sponsor](#) your friends and family to take part in this wonderful community event. The Women's 5km walk/run commences at 10am, starting and finishing in City Park, Launceston.

All enquiries contact Melanie on mknight@cancertas.org.au



What's on in September

Monday	2	Walk/Run program Ostamates Massage
Tuesday	3	Breast Cancer Support Group
Wednesday	4	Centrelink
Thursday	5	Breast & Gynaecological Cancer Support group
Monday	9	Walk/Run program
Tuesday	10	Look Good Feel Better
Wednesday	11	Centrelink
Thursday	12	Men's Cancer Support Group Coffee & Craft Jeanne Foster Public Talk– Ass Professor Prue Cormie
Monday	16	Massage
Tuesday	17	Breast Cancer Social Group
Thursday	19	Gynaecological Cancer Support Group Cancer Support Group
Tuesday	24	Young Women's Cancer Support Group
Wednesday	25	Centrelink
Thursday	26	Mindful Self Compassion Coffee & Craft NETS Support Group
Friday	27	Mindful Self Compassion Taster
Monday	30	Massage

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