

Mindful Meditation

A program to encourage the practice of meditation.

Find a sense of calm and centre while living with the upheaval of a cancer diagnosis and beyond.

The next 6 week program starts in February
RSVP / Registration required—Contact Stan or Kris



Yoga

Gentle movement and relaxation sessions in our Devonport Centre.

For those with a cancer diagnosis.

6 week program starts in February

RSVP / Registration required—Contact Stan or Kris



Wig Service

Our **free** service is available to Tasmanians experiencing hair loss as a result of their cancer diagnosis and treatment.

Our Centre is open between 1.00 and 4.00pm Monday to Friday.

Come in and choose a wig from our extensive range in a safe comfortable environment.

New wigs arrive regularly.

NEW Expressions of Interest

A Men's Cancer Support Group in the Burnie area—And

A Women's Cancer Support Group in the Devonport area.

Is this something that interests you?

Maybe a relative or friend?

Centrelink

Appointments with a Centrelink professional for those impacted by a cancer diagnosis and their partners.

Private and supportive, Appointments most Wednesdays in our friendly, welcoming environment.

Contact Stan or Kris



Current Groups

Sheffield Cancer Support Group

A cancer support group open to men, women and their partners.

The group meets on the **third** Wednesday of every month. Contact Stan

Next meetings: Feb 19th & Mar 18th

Expression through Art

A friendly cancer support group open to men, women and their partners.

The group meets on the **second** Tuesday of each month Contact Kris

Next meetings: Feb 11th & Mar 10th

Mersey Men's Cancer Support Group

A supportive and informative group for men affected by cancer.

Group meets on the **last** Thursday of each month. Contact Stan

Next meetings: Feb 27th & Mar 26th

Burnie Women's Cancer Support Group

A monthly support group for women diagnosed with cancer. Offering support, information and connection with other women in your area.

Group meets on the **last** Monday of each month. Contact Kris

Next meetings: Feb 24th & Mar 30th

Position Vacant - Do you have some free time ??

We are looking for a volunteer women's co-facilitator in the Devonport region. For further details contact Kris 6419 4200 or

krastovich@cancertas.org.au.

To find out more about any of our groups or programs, or to RSVP call **6419 4200** or email supportservicesnw@cancertas.org.au



Relay For Life

CIRCULAR HEAD
Smithton Recreation Ground

14 MARCH
10AM - 10 PM

NORTH WEST
Penguin Athletic Track

28 & 29 MARCH
1PM - 9AM

20 YEARS RELAY FOR LIFE
CELEBRATING IN TASMANIA

www.relayforlife.org.au
ph. 6419 4207

What's on in February

Tuesday 4	World Cancer Day
Tuesday 11	Expression through Art
Monday 17	Yoga
Wednesday 19	Cancer Support Group—Sheffield
Monday 24	Finding Centre— Mindful Meditation Yoga
Tuesday 25	SUNSMART Secondary School presentation
Thursday 27	Mersey Men's Support Group

What's on in March

Monday 9	Finding Centre— Mindful Meditation Yoga
Tuesday 10	Expression through Art
Monday 16	Finding Centre— Mindful Meditation Yoga
Wednesday 18	Cancer Support Group—Sheffield
Monday 23	Finding Centre— Mindful Meditation Yoga Women's Support Group—Burnie
Thursday 26	Mersey Men's Cancer Support Group
Monday 30	North West Women's Cancer Support Group Finding Centre— Mindful Meditation

Please don't hesitate to call the Centre on 6419 4200 or pop into Suite 2/45 Best St 1.00-4.00 Mon-Fri for any further information on any of the services provided by Cancer Council Tasmania.

To subscribe or unsubscribe from this newsletter please email ncsc@cancertas.org.au