

DID YOU KNOW?

Cancer Council Tasmania provides a range of complementary therapies at no cost to clients. Did you know we have an independent Clinical Advisory Group made up of specialists in oncology, allied health, psychology, nursing and medicine to help CCT ensure all our programs are provided by highly skilled professional facilitators with the right qualifications?



Programs and Activities

Centrelink

Holding regular info sessions at the Centre
Offering a range of advice, payments and services for people with a cancer diagnosis.
(appointment required)

Therapeutic Massage

Appointments now available for those with a current cancer diagnosis, who haven't had a previous appointment, and might benefit from a relaxing massage.

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 call the Centre. New wigs arrive regularly.

Men's Cancer Support Group

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

Next meeting: March 12th

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: March 19th

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: March 12th

All welcome!

NEW Interactive Nutrition & Exercise Workshop

Fun with Food and Exercise

A big thank you to the City of Launceston for our grant to run these programs and workshops in the Centre. Our first workshop will be on Thursday 19th March



Registration required (New clients only)

Pelvic Floor Information Session

Tuesday 3rd March - Lisa (physiotherapist from Physio Fit) and Danika (Continence Foundation of Australia).

Learn how to identify signs of a pelvic floor problem, how to look after your pelvic floor and practice some simple exercises

Registration required. **All welcome.**

Young Women's Support group

Open to all young women affected by cancer. Casual, friendly, relaxed chat in the lounge.

Held on the last Thursday of the month - late afternoons. (Registration required)

Next meeting: March 26



Cancer Support Group

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

Next meeting: March 19

(Registration required)





Relay for Life

LAUNCESTON 14-15 MARCH
St Leonards Athletic Track

DORSET 28-29 MARCH
Scottsdale Rec Ground

www.relayforlife.org.au

20 YEARS RELAY FOR LIFE
CELEBRATING IN TASMANIA

What's on in March

Tuesday	3	Breast Cancer Support Group Pelvic Floor Workshop
Wednesday	4	Tai Chi
Thursday	5	Breast & Gynaecological Cancer Support group
Monday	9	Public Holiday - Centre Closed
Tuesday	10	Myeloma group
Wednesday	11	Centrelink Tai Chi
Thursday	12	Mens Cancer Support Group Coffee & Craft Group
Friday	13	Leukaemia Foundation Support Group
Wednesday	18	Tai Chi
Thursday	19	Fun with Food & Exercise Gynaecological Cancer Support Group Cancer Support Group
Monday	23	Massage
Wednesday	25	Centrelink
Thursday	26	Coffee & Craft Men's Support Group Young Women's Support Group

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