

TUAM CANCER CARE CENTRE

Winter/Spring 2015 Timetable of Workshops and Courses

Courses & Workshops

Start Date	Time	Duration	Subject	Facilitator
Monday 12th January	9.30-10.30am In TCCC	10 weeks	Physical Activity Programme Group 1	Christina Tuck & Orla Heneghan
Monday 12th January	11.00-12.00 In King Fisher Tuam	10 weeks	Physical Activity Programme Maintenance Group	Conor Quinn & Orla Heneghan
Tuesday 13th January	9.30am	15 weeks	Strides for Life Walking Programme	Orla Heneghan
Thursday 15th January	7.30-9pm	10 weeks	Evening Mat Yoga	Pauline Berkeley
Monday 23rd February	11.15-1pm	6 weeks	Art Therapy	Sonya Joyce
28th February	11am-1pm	2 hrs	Understanding Lymphoedema	Elaine Grehan (TBC)
March TBC	5-6.30pm	6 weeks	CLIMB Programme for Children	TCC Climb Team
April 13th, 20th, & 27th	12-2pm	3 weeks	Cookery/Healthy Eating	Tara Canning
May Early TBC	11-1pm	2 hrs	The Impact of Cancer on the Family Workshop	Katie O'Brien Psychologist St. Luke's Hospital

FOR FURTHER INFORMATION OR TO BOOK A PLACE

PLEASE CONTACT THE CENTRE ON 093 28522 OR CALL IN DURING OPENING HOURS.

ALL SERVICES ARE CONFIDENTIAL AND PROVIDED FREE OF CHARGE.