

TUAM CANCER CARE CENTRE

Autumn/Winter 2015 Timetable of Workshops and Courses

Courses & Workshops

Start Date	Time	Duration	Subject	Facilitator
Monday 14 th September	9.30-10.30am In TCCC	10 weeks	Physical Activity Programme 1 Group 1	Christina Rushe & Orla Heneghan
Monday 14 th September	11.00-12.00 Aura Tuam Leisure	10 weeks	Physical Activity Programme 2 Maintenance Group	Christina Rushe & Orla Heneghan
Tuesday 15 th September	9.30am	15 weeks	Strides for Life Walking Programme	Orla Heneghan
Thursday 24 th September	7.30-9pm	8 weeks	Evening Mat Yoga	Pauline Berkeley
Monday 21 st September	11.15-1pm	6 weeks	Open Studio Art Therapy	Sonya Joyce
Monday 28 th September	5-6.30pm	6 weeks	CLIMB Programme for children 5-12years old	TCC Climb Team
Monday 12 th & 19 th October	12-1.30pm	2weeks	Nutrition/Healthy Eating Course	Sandra O' Connor Nutritionist
Wednesday 28 th October	4 – 5.30pm	6 weeks	Stress Mgmt/Relaxation Course	Jo Hanrahan Counselling Psychologist
Tuesday 17 th November	7-8.30pm	1.5 hrs	Information Evening Understanding Radiotherapy	Stephen Coyne, Mgr & Radiotherapy Staff of GUH
December TBC	8pm		Annual Candlelight Celebration of Light, Hope and Healing	St Jarlath's College

Places are limited on courses and workshops. For further information or to book a place, please contact the Centre on 093 28522. All support services are offered free of charge.