

TUAM CANCER CARE SUPPORT SERVICES

Drop-In Centre

Monday-Friday	10am-2pm	No Appointment needed	Support & Information
Monday Evening	6.45pm-9pm		

Individual Support Services

Monday	6.45pm-9pm	Appointment only	Massage/Reflexology	Christina Rushe
Tuesday	10am-1pm	Appointment only	Reiki	Violet Powell
Wednesday	10.45-12pm	Ongoing no Appointment needed	Yoga	Pauline Berkeley
Wednesday	9am – 1pm	Appointment only	Manual Lymphatic Drainage Therapy (MLD)	Elaine Grehan
Wednesday	9am-1pm	Appointment only	Counselling	Connie Masterson
Thursday	10am-1pm	Appointment only	Massage/Reflexology	Orla Heneghan
Thursday 24th September	7.30pm-9pm	8 weeks	Yoga & Meditation	Pauline Berkeley
Friday	10am-1pm	Appointment only	Reflexology	Aine Commins
		Appointment only	Post Mastectomy Care	Dr. Zita Fitzpatrick

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

ALL SERVICES ARE PROVIDED FREE AND CONFIDENTIAL.

TUAM CANCER CARE

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	Conor Quinn & Orla Heneghan
Monday 14 th September	11.00-12.00 In Coral Leisure Centre Tuam	10 weeks	Physical Activity Programme 2 Maintenance Group	Conor Quinn & Orla Heneghan
Tuesday 15 th September	9.30am	15 weeks	Strides for Life Walking Programme	Orla Heneghan
Monday 21 st September	11.15-1pm	6 weeks	Open Studio Art Therapy	Sonya Joyce
Thursday 24 st September	7.30-9pm	8 weeks	Evening Mat Yoga	Pauline Berkeley
Sept/Oct Date TBC	5-6.30pm	6 weeks	CLIMB Programme for Children	TCC Climb Team
October	12-2pm	3 weeks	Nutrition/Healthy Eating Course	Facilitator TBC
October	3-4.30pm	6 weeks	Stress Mgmt/Relaxation Course	Jo Hanrahan
November	7-9pm	2hrs	Understanding Radiotherapy	Radiotherapy Staff of GUH
December 4th	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 CONFIDENTIAL AND FREE OF CHARGE.