

TUAM CANCER CARE

Spring 2016 Timetable of Workshops and Courses

Courses & Workshops

Start Date	Time	Duration	Subject	Facilitator
Monday 4 th April	9.30-10.30am In TCCC	10 weeks	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan
Monday 4 th April	11.00-12.00 In Aura Leisure Tuam	10 weeks	Physical Activity Programme Maintenance Group	Conor Quinn & Orla Heneghan
Date TBC	5-6.30pm	6 weeks	CLIMB Programme for Children	TCC Climb Team
Tuesday 5 th April	9.30am	15 weeks	Strides for Life Walking Programme	Orla Heneghan
Thursday 7 th April	7.30-9pm	8 weeks	Evening Mat Yoga	Pauline Berkeley
Monday 11 th & 18 th April	12-1.30pm	2 weeks	Nutrition/Healthy Eating Course	Sandra O'Connor Nutritionist
Monday 25 th April	11.15-1pm	6 weeks	Art Therapy	Sonya Joyce

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 offered free of charge.