

TUAM CANCER CARE SUPPORT SERVICES

Drop in Centre				
Monday–Friday	Support & Information		No booking required	10am-2pm
Monday Evening	Support & Information		No booking required	7pm-9pm
Individual Support Service				
Monday	Massage	Christina Rushe	Ongoing by appointment	7pm-9pm
Tuesday	Reiki	Violet Powell	Ongoing by appointment	10am-1pm
Wednesday	Armchair Yoga & Meditation	Pauline Berkeley	No appointment necessary	10.45am-12pm
Wednesday	Manual Lymphatic Drainage Therapy (MLD)	Elaine Grehan	Ongoing by appointment	9am-1pm
Wednesday	Counselling	Connie Masterson	Ongoing by appointment	9am-1pm
Thursday	Massage/Reflexology	Orla Heneghan	Ongoing by appointment	10am-1pm
Thursday	Floor Yoga	Pauline Berkeley	Ongoing by appointment	7.30pm-9pm
Friday	Reflexology	Aine Commins	Ongoing by appointment	10am-1pm
	Upcoming Post Mastectomy Care	Dr. Zita Fitzpatrick	By appointment	13 th Sept

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.



TUAM CANCER CARE
Cancer Support & Information

Autumn/Winter 2016 Timetable of Workshops and Courses

Courses & Workshops

Start Date	Subject	Facilitator	Time	Duration
Monday 12 th Sept	Art Therapy	Sonya Joyce	11.15pm-1pm	6 weeks
Thursday 15 th Sept	Evening Mat Yoga	Pauline Berkeley	7.30pm-9pm	8 weeks
*Monday 26 th Sept	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan	9.30am-10.30am in TCC	10 weeks
Monday 26 th Sept	Physical Activity Programme Maintenance Group	Conor Quinn & Orla Heneghan	11am-12pm in Coral Leisure Tuam	10 weeks
Tuesday 27 th Sept	Strides for Life Walking Programme	Orla Heneghan	9.30am	15 weeks
Monday 3 rd Oct	Public Talk – “My Precious Life” Staying strong in challenging times	Shane Martin Author/Psychologist	7.30pm -9.00pm In Ard Rí Hotel	1.5hrs
Thursday Oct 20 th , 27 th & Nov 3 rd	Healthy Eating Cookery Course	Susan Shannon	12pm-2pm	3 weeks
TBC	CLIMB Programme for Children	TCC Climb Team	5pm-6.30pm	6 weeks

***Pre-assessment for Physical Activity is on 19th Sept.**

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.