

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
Tuesday 31 st Jan	Upcoming Post Mastectomy Care	Dr. Zita Fitzpatrick	By appointment	10.30am

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.



Spring/Summer 2017 Timetable of Workshops and Courses

Courses & Workshops

Start Date	Subject	Facilitator	Time	Duration
Thursday 12 th Jan	Evening Mat Yoga	Pauline Berkeley	7.30pm-9pm	8 weeks
Monday 16 th Jan	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan	9.30am-10.30am in TCC	10 weeks
Monday 16 th Jan	Physical Activity Programme Maintenance Group	Conor Quinn & Orla Heneghan	11am-12pm in Coral Leisure Tuam	10 weeks
Tuesday 17 th Jan	Strides for Life Walking Programme	Orla Heneghan	9.30am	15 weeks
Monday 13 th Feb	Art Therapy	Sonya Joyce	11.15pm-1pm	6 weeks
Tuesday Mar 7 th , 14 th , & 21 st	Healthy Eating Cookery Course	Susan Shannon	12pm-2pm	3 weeks
TBC	CLIMB Programme for Children	TCC Climb Team	5pm-6.30pm	6 weeks
Saturday 8 th April	MLD Workshop	Elaine Grehan Reg MLD therapist	11am-1pm	Booking Essential
Wednesday 12 th April	Candle Making & Meditation	Colette McDonagh	7.30pm – 9pm	Booking Essential

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.