

## TUAM CANCER CARE SUPPORT SERVICES

<b>Drop in Centre</b>				
Monday–Friday	Support & Information		No booking required	10am-2pm
Monday Evening	Support & Information		No booking required	7pm-9pm
<b>Individual Support Service</b>				
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	10am-2pm
Thursday	Massage/Reflexology	Orla Heneghan	Ongoing by appointment	10am-1pm
Friday	Reflexology	Aine Commins	Ongoing by appointment	10am-1pm
Thursday 25 <sup>th</sup> January	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 2018 Timetable of Workshops and Courses

### Courses & Workshops

Start Date	Subject	Facilitator	Time	Duration
Monday 15 <sup>th</sup> Jan	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan	9.30am-10.30am in TCC	11 weeks
Monday 15 <sup>th</sup> Jan	Physical Activity Programme Maintenance Group	Christina Rushe & Orla Heneghan	11am-12pm in Coral Leisure Tuam	11 weeks
Tuesday 16 <sup>th</sup> Jan	Strides for Life Walking Programme	Orla Heneghan	9.30am	11 weeks
Thursday 18 <sup>th</sup> Jan	Evening Mat Yoga	Pauline Berkeley	7.30pm-9pm	8 weeks
Monday 12 <sup>th</sup> Feb	Art Therapy	Sonya Joyce	11.15pm-1pm	6 weeks
Tuesday 13 <sup>th</sup> Mar	<b>Information evening</b> Benefits of Physical Activity after a cancer diagnosis	Neasa Canavan	7.30pm	
Thursday 15 <sup>th</sup> Feb – 22 <sup>nd</sup> Mar	Cancer: Thriving & Surviving Programme	Kathy Kearney & Lucia Canavan	10.30am -1pm	6 weeks
Thurs 19 <sup>th</sup> , 26 <sup>th</sup> April & 4 <sup>th</sup> May	Healthy Eating Cookery Course	Susan Shannon	12pm-2pm	3 weeks
TBC	CLIMB Programme for Children	TCC Climb Team	5pm-6.30pm	6 weeks

**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.**