

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	10.30am-11.45am
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
TBC	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.



Autumn/Winter 2018 Timetable of Workshops and Courses

Courses & Workshops

Start Date	Subject	Facilitator	Time	Duration
Saturday 1 st Sept	MLD Workshop	Elaine Grehan Reg MLD Therapist	11am – 1pm	Booking Essential
Monday 10 th Sept	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan	9.30am-10.30am in TCC	15 weeks
Monday 10 th Sept	Physical Activity Programme Maintenance Group	Christina Rushe & Orla Heneghan	11am-12pm in Coral Leisure Tuam	15 weeks
Tuesday 11 th Sept	Strides for Life Walking Programme	Orla Heneghan	9.30am	15 weeks
Thursday 13 th Sept	Evening Mat Yoga	Pauline Berkeley	7.30pm-9pm	8 weeks
Thurs 4 th , 11 th , & 18 th Oct	Healthy Eating Cookery Course	Susan Shannon	12pm-2pm	3 weeks
Saturday 20 th Oct	Colour Analysis & Style Personality Workshop	Louise Marlow	10.30am-1.30pm	1 day
Thursday 25 th Oct – 29 th Nov TBC	Cancer: Thriving & Surviving Programme	Kathy Kearney & Lucia Canavan	10.30am -1pm	6 weeks
Spring 2019	Art Therapy	Sonya Joyce	TBC	6 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