

## 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	10.30am-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.**

## Spring 2020 Timetable of Workshops and Courses

### Courses & Workshops

Start Date	Subject	Facilitator	Time	Duration
Monday 13 <sup>th</sup> Jan	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan	9.30am-10.30am in TCC	13 weeks
Monday 13 <sup>th</sup> Jan	Physical Activity Programme Maintenance Group	Christina Rushe & Orla Heneghan	11am-12pm in Coral Leisure Tuam	13 weeks
Tuesday 14 <sup>th</sup> Jan	Strides for Life Walking Programme	Orla Heneghan	9.30am	13 weeks
Thursday 23 <sup>rd</sup> Jan	Cancer: Thriving & Surviving Programme	Kathy Kearney & Lucia Canavan	10.30am -1pm	6 weeks
Thursday 6 <sup>th</sup> Feb	Look Good Feel Better Workshop	Margaret Heffernan	11am-1pm	1 day
Thursday 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> April	Healthy Eating Cookery Course	Susan Shannon	12pm-2pm	3 weeks
TBC	CLIMB Programme for Children	TCC Climb Team	5pm-6.30pm	6 weeks
TBC	Information Talk on Benefits & Entitlements	Declan Weir	11am – 12pm	

**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**