

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.

Spring 2020 Timetable of Workshops and Courses

Courses & Workshops

Start Date	Subject	Facilitator	Time	Duration
Monday 13 th Jan	Physical Activity Programme Group 1	Christina Rushe & Orla Heneghan	9.30am-10.30am in TCC	13 weeks
Monday 13 th Jan	Physical Activity Programme Maintenance Group	Christina Rushe & Orla Heneghan	11am-12pm in Coral Leisure Tuam	13 weeks
Tuesday 14 th Jan	Strides for Life Walking Programme	Orla Heneghan	9.30am	13 weeks
Thursday 6 th Feb	Look Good Feel Better Workshop	Margaret Heffernan	11am-1pm	1 day
Thursday 20 th February	Cancer: Thriving & Surviving Programme	Kathy Kearney & Lucia Canavan	10.30am -1pm	6 weeks
Thursday 16 th , 23 rd & 30 th 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