

FOR ALL CLASSES & GROUPS, PLEASE PHONE 041 9805100 TO BOOK YOUR PLACE

DAILY CLASSES & ACTIVITIES

CARPARK SPACE IS LIMITED AT ALL TIMES

MONDAY

10-1pm: Hair Loss Clinic

10-1pm: Reflexology

TUESDAY

10-3.30pm: Reflexology

10.30-11.15am: Yoga – Gentle / Beginners

11.30-12.15pm: Yoga – Improvers

2-4pm: Counselling

WEDNESDAY

10-1pm: Hair Loss Clinic

10-3.30pm: Reflexology

10-4pm: Counselling

THURSDAY

10-4pm: Counselling

11am: Walking Group

2-4pm: Physiotherapy

FRIDAY

11-12noon: Yoga Nidra

12.30 – 2pm: Gary Kelly CSC Choir

YOGA & YOGA NIDRA ARE HELD BOTH IN THE CENTRE & VIA ZOOM LINK.

AS PLACES ARE LIMITED, PLEASE BOOK YOUR PLACE FOR EACH CLASS BY CONTACTING THE CENTRE THE DAY BEFORE.

HAIR CLINIC & PROSTHESIS SERVICES

Tresses Hair Loss Clinic – Monday morning

Ischia Wig & Hair Loss Clinic – Wednesday morning

Almacare, Ireland's Breast Care Specialists.

Breastcare by Alison, Post Surgery Breastcare & Lingerie

COUNSELLING

A counselling service is provided to people diagnosed with cancer and their families.

ENTITLEMENTS & BENEFITS

A Community Welfare Officer is available for telephone consultations.

PHYSIOTHERAPY & REFLEXOLOGY

One to one sessions available by appointment.

ALL OF THESE SERVICES ARE ARRANGED THROUGH AN APPOINTMENT WITH A NURSE

A PRIVATE CONSULTATION CAN ALSO BE ARRANGED WITH ONE OF OUR NURSES BY APPOINTMENT

FUNDRAISING

VICKY PHELAN CAMPAIGN & PORTRAIT TOUR

THE BARBICAN CENTRE, DROGHEDA

FRIDAY 26TH MAY 7PM Unveiling & Presentation of Portrait & Panel Discussion

SATURDAY 27TH MAY 10.30AM – 1PM Portrait on View
11am – Presentation of Portrait
Contact Centre for details

GARY KELLY MINI MARATHON

SUNDAY 4 JUNE

Sponsorship Cards & T-shirts available from the GKSC

Meet & Train walks commencing Thursday, 27th April
Contact Centre for details



**RADIO BINGO BOOKS
NOW AVAILABLE FROM THE CENTRE
€5 PER BOOK**

INTER COUNTY GOLF CLASSIC

SUNDAY 3 SEPTEMBER
BLACKBUSH GOLF CLUB

CHARITY GOLF CLASSIC

FRIDAY 8 SEPTEMBER
LAYTOWN & BETTYSTOWN GOLF CLUB

OPEN FOR REGISTRATION

WOMEN'S SUPPORT GROUP

Wednesday 3 May 11.30 – 12.30pm

LYMPHOEDEMA TALK

Thursday 4 May 2 – 3pm

MINDFULNESS FOR MEN

Thursday 4 May 2 -3 pm

MINDFULNESS FOR LADIES

Friday 5 May 2 – 3.30pm

ART THERAPY

6 Week Course Starting

Tuesday 9 May – 13 June 10am – 12noon

MEN'S SUPPORT GROUP

Wednesday 10 May 2.30 – 3.30pm

MINDFULNESS FOR MEN

Wednesday 17 May 2 – 3pm

BEREAVEMENT SUPPORT GROUP

Wednesday 17 May 2.30 – 3.30pm

MENOPAUSE TALK with QUESTION & ANSWER's

Thursday 18 May 11am – 1pm

CARD MAKING

Tuesday 23 May 2 – 4pm

SUMMER CRAFTS

Wednesday 24 May 2 – 4pm

FAMILY SUPPORT GROUP

Wednesday 24 May 2.30 – 3.30pm