

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: Reflexology

TUESDAY

10-3.30pm: Reflexology

10.30-11.15am: Yoga – Gentle / Beginners

11.30-12.15pm: Yoga – Improvers

WEDNESDAY

10-1pm: Hair Loss Clinic

10-3.30pm: Reflexology

10.30am: Pitch & Putt

11am: Yo Qi – A fusion of Yoga and Qi Gong with Grá (love)

THURSDAY

11am: Walking Group

2-4pm: Physiotherapy

FRIDAY

11-12noon: Yoga Nidra

12.30 – 2pm: Gary Kelly CSC Choir (every second week)

YOGA, YO QI AND 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

**COUNSELLING APPOINTMENTS
TAKE PLACE TUESDAY - FRIDAY**

WHEN YOU FIRST CONTACT THE GARY KELLY CANCER SUPPORT CENTRE, YOU WILL BE MADE AWARE OF ALL THE SERVICES AND SUPPORTS THAT ARE AVAILABLE. ALL SERVICES IN THE CENTRE ARE FREE AND DELIVERED BY PROFESSIONAL THERAPISTS AND COUNSELLORS

HAIR CLINIC & PROSTHESIS SERVICES

Ischia Wig & Hair Loss Clinic – by appointment.

All Thing's Hair Clinic – by appointment.

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**

OPEN FOR REGISTRATION

ALL THING'S HAIR

Tuesday 3 October 11.30 – 12.30pm

WOMEN'S SUPPORT GROUP

Wednesday 4 October 11.30 – 12.30pm

MINDFULNESS FOR MEN

Thursday 5 October 2 – 3pm

CAKE DECORATING

Thursday 5 October 2 – 4pm

MINDFULNESS FOR LADIES

Friday 6 October 1 – 2.30pm

MEN'S SUPPORT GROUP

Wednesday 11 October 2.30 – 3.30pm

LADIES INFORMATION TALK

Tuesday 17 October 12 – 1pm

BEREAVEMENT SUPPORT GROUP

Wednesday 18 October 2.30 – 3.30pm

MINDFULNESS FOR MEN

Thursday 19 October 2 – 3pm

HALLOWEEN CRAFTS

Tuesday 24 October 1 – 3.30pm

FAMILY SUPPORT GROUP

Wednesday 25 October 2.30 – 3.30pm

MINDFULNESS FOR LADIES

Friday 27 October 1 – 2.30pm

FUNDRAISING

**NASH... THE FINAL BASH
SATURDAY 7 OCTOBER 8PM
McHughs, Chord Road, Drogheda**

**MONSTER MASH FOR CANCER CASH
FRIDAY 27 OCTOBER
DOLLY'S BAR, SLANE, CO. MEATH**

**DUBLIN CITY MARATHON
SUNDAY 29 OCTOBER**

**MOVEMBER CHALLENGE, BE A BRO, GROW A MO
SPONSORSHIP CARDS AVAILABLE FROM THE CENTRE**

**For further information, please contact Emer or
Shelbee 041 9805100 / 086 3870277**

***** CHRISTMAS CARDS ARE NOW ON SALE***
€8 PACK OF 12 ASSORTED CARDS IN BOX
AVAILABLE FROM THE CENTRE**



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