

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

### 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**

**WALKING GROUP WILL  
RECOMMENCE 14 SEPTEMBER**

## 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**

## OPEN FOR REGISTRATION

### ALL THINGS HAIR FOR WOMEN

Tuesday 5 September 11.30 – 12.30pm

### WOMEN'S SUPPORT GROUP

Wednesday 6 September 11.30 – 12.30pm

### MANAGING CHOLESTEROL

Thursday 7 September 11 – 12noon

### MINDFULNESS FOR MEN

Thursday 7 September 2 – 3pm

### MINDFULNESS FOR LADIES

Friday 8 September 1 – 2.30pm

### MEN'S SUPPORT GROUP

Wednesday 13 September 2.30 – 3.30pm

### LOOK GOOD FEEL BETTER

Thursday 14 September 2 – 4pm

### BEREAVEMENT SUPPORT GROUP

Wednesday 20 September 2.30 – 3.30pm

### CANCER THRIVE & SURVIVE

Thursday 21 September 10.30 – 1pm for six weeks

### MINDFULNESS FOR MEN

Thursday 21 September 2 – 3pm

### MINDFULNESS FOR LADIES

Friday 22 September 1 – 2.30pm

### MEN'S INFORMATION SESSION

Tuesday 26 September 12 – 1pm

### FAMILY SUPPORT GROUP

Wednesday 27 September 2.30 – 3.30pm

### LYMPHOEDEMA TALK

Thursday 28 September 2 – 3pm

## FUNDRAISING

### THE PINK PARTY

SATURDAY 2 SEPTEMBER

GILNAS, THE COTTAGE INN, LAYTOWN

### INTER COUNTY GOLF CLASSIC

SUNDAY 3 SEPTEMBER

BLACKBUSH GOLF CLUB

### CHARITY GOLF CLASSIC

FRIDAY 8 SEPTEMBER

LAYTOWN & BETTYSTOWN GOLF CLUB

### CLASSIC CAR & BIKE RUN

SUNDAY 17 SEPTEMBER

DOLLY'S BAR, SLANE

### NASH... THE FINAL BASH

SATURDAY 7 OCTOBER 8PM

MCHUGHS, CHORD ROAD, DROGHEDA

**\*\*\*2023 CHRISTMAS CARDS WILL BE AVAILABLE FROM MID OCTOBER\*\*\***



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