

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

WISHING EVERYONE A VERY HAPPY CHRISTMAS

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

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**



PLEASE NOTE:

THE GARY KELLY CANCER SUPPORT CENTRE WILL BE
CLOSED FROM 5PM THURSDAY 21 DECEMBER AND
WILL REOPEN 9AM 2 JANUARY

FUNDRAISING

CAROLS BY CANDLELIGHT – SOLD OUT

CHRISTMAS CARDS on sale in the
DROGHEDA TOWN CENTRE:-

30th November, 1st, 2nd, & 3rd December

THE COTTAGE MARKET, SCOTCH HALL:- 2nd December

Also available in the following outlets:

TOTAL HEALTH PHARMACY, BRYANSTOWN

PURE PHARMACY, SOUTHGATE

NORTH ROAD PHARMACY

HICKEYS PHARMACY

BOHILLS STOVES

CHRISTMAS RAFFLE

3 STRIPS FOR €5.00

TICKETS AVAILABLE AT THE

GARY KELLY CANCER SUPPORT CENTRE



OPEN FOR REGISTRATION

ALL THING'S HAIR

Tuesday 5 December 11.30 – 12.30pm

EXERCISE TALK

Tuesday 5 December 2 – 3pm

WOMEN'S SUPPORT GROUP

Wednesday 6 December 11.30 – 12.30pm

CHRISTMAS DECOUPAGE – GIFT IDEAS

Wednesday 6 December 1.30 – 4pm

MINDFULNESS FOR MEN

Thursday 7 December 2 – 3pm

MINDFULNESS FOR WOMEN

Friday 8 December 1 – 2.30pm

FLOWER ARRANGING

Monday 11 December 2 – 4pm

MEN'S SUPPORT GROUP

Wednesday 13 December 2.30 – 3.30pm

MINDFULNESS FOR MEN

Thursday 14 December 2 – 3pm

WATERCOLOUR PAINTING

Thursday 14 December 2 – 4pm

MINDFULNESS FOR WOMEN

Tuesday 19 December 2 – 3.30pm

BEREAVEMENT SUPPORT GROUP

Wednesday 20 December 2.30 – 3.30pm



HAIR CLINIC & PROSTHESIS SERVICES

Ischia Wig & Hair Loss Clinic – by appointment.

All Things 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