

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

**COUNSELLING APPOINTMENTS
TAKE PLACE TUESDAY - FRIDAY**

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**

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

WOMEN'S SUPPORT GROUP

Wednesday 1 November 11.30 – 12.30pm

GRIEF BEREAVEMENT TALK in D Hotel

Thursday 2 November 8pm

MINDFULNESS FOR WOMEN

Friday 3 November 1 – 2.30pm

ALL THING'S HAIR

Tuesday 7 November 11.30 – 12.30pm

MINDFULNESS FOR MEN

Thursday 9 November 2 – 3pm

FLOWER ARRANGING

Monday 13 November 2 – 4pm

BEREAVEMENT SUPPORT GROUP

Wednesday 15 November 2.30 – 3.30pm

LOOK GOOD FEEL BETTER

Thursday 16 November 2 – 4pm

MINDFULNESS FOR WOMEN

Friday 17 November 1 – 2.30pm

FAMILY SUPPORT GROUP

Wednesday 22 November 2.30 – 3.30pm

MEN'S SUPPORT GROUP

Wednesday 22 November 2.30 – 3.30pm

MINDFULNESS FOR MEN

Thursday 23 November 2 – 3pm

CHALLENGES OF SLEEP WORKSHOP

Monday 27 November 10.30 – 12pm

LYMPHOEDEMA TALK

Thursday 30 November 2 – 3pm

FUNDRAISING

The Gary Kelly Cancer Support Centre Choir
present

CAROLS BY CANDLELIGHT

Wednesday, 13th December at 8pm

TLT, Drogheda

Special guests on the night

Tickets available from the Centre - €15pp

MOVEMBER CHALLENGE, BE A BRO, GROW A MO
Sponsorship cards available from the Centre

***** CHRISTMAS CARDS ON SALE NOW*****

€8 PACK OF 12 ASSORTED CARDS IN BOX

AVAILABLE FROM THE CENTRE MONDAY – FRIDAY 9am – 4.30pm

CHRISTMAS CARDS WILL BE ON SALE SOON AT THE FOLLOWING
PLACES - DROGHEDA TOWN CENTRE, LAURENCE SHOPPING
CENTRE, NAVAN SHOPPING CENTRE AND TESCO ASHBOURNE

*****WATCH FACEBOOK FOR THE DATES*****



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