

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

COUNSELLING APPOINTMENTS
TAKE PLACE TUESDAY - FRIDAY

TUESDAY

10-3.30pm: Reflexology

10.30-11.15am: Yoga – Gentle / Beginners

11.30-12.15pm: Yoga – Improvers

WEDNESDAY

10-1pm: Hair Loss Clinic

WALKING GROUP RESUMES ON
THURSDAY 18 JANUARY

10-3.30pm: Reflexology

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

THURSDAY

11am: Walking Group

CHOIR RESUMES ON
FRIDAY 19 JANUARY

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

PLEASE NOTE:

THE GARY KELLY CANCER SUPPORT CENTRE
WILL BE CLOSED FROM 5PM THURSDAY 21
DECEMBER 2023 AND WILL REOPEN
9AM TUESDAY 2 JANUARY 2024

FUNDRAISING

UPCOMING EVENTS IN 2024

PANCAKE DAY

Tuesday 13 February
D Hotel, Drogheda



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

OPEN FOR REGISTRATION

PLEASE NOTE:

THERE ARE NO SUPPORT GROUPS IN JANUARY

ALL THING'S HAIR

Tuesday 9 January 11.30 – 12.30pm

MINDFULNESS FOR MEN

Thursday 11 January 2 – 3pm

MINDFULNESS FOR WOMEN

Friday 12 January 1 – 2.30pm

LAUGHTER YOGA

Tuesday 16 January 2 – 3pm

MINDFULNESS FOR MEN

Thursday 25 January 2 – 3pm

MINDFULNESS FOR WOMEN

Friday 26 January 1 – 2.30pm

HAPPY SLEEP WORKSHOP

Monday 29 January 10 – 11.30am

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**

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