



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

DAILY CLASSES & ACTIVITIES

CARPARK SPACE IS LIMITED AT ALL TIMES

TUESDAY

10-11.30am: Hair Loss Clinic
10.30-11.15am: Yoga – Gentle / Beginners
11.30-12.15pm: Yoga – Improvers

WEDNESDAY

10-1pm: Hair Loss Clinic
11am: Yo Qi – A fusion of Yoga and Qi Gong with Grá (love)

THURSDAY

11am: Walking Group

FRIDAY

11-12noon: Yoga Nidra
12.30 – 2pm: Gary Kelly CSC Choir

CHOIR DATES FOR APRIL:

Friday 12th & 26th

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



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

FUNDRAISING

******JUST LIKE NEW******

GKSC PRE-LOVED SALE

Saturday 13 April 10am – 1pm
The Gary Kelly Cancer Support Centre

GARY KELLY WOMEN'S MINI MARATHON

DROGHEDA

Sunday 2 June 10am
The Gary Kelly Cancer Support Centre
Sponsorship Card & T-Shirt available from GKSC

CHARITY GOLF CLASSIC

Friday 13 September
Laytown & Bettystown Golf Club

OPEN FOR REGISTRATION

ALL THING'S HAIR

Tuesday 2 April 11.30 – 12.30pm

WOMEN'S SUPPORT GROUP

Wednesday 3 April 11.30 – 12.30pm

MEN'S SUPPORT GROUP

Wednesday 10 April 2.30 – 3.30pm

MINDFULNESS FOR MEN

Thursday 11 April 2 – 3pm

CHAT 'N CATCH UP

Thursday 11 April 2.30 – 4pm

BEREAVEMENT SUPPORT GROUP

Wednesday 17 April 2.30 – 3.30pm

LOOK GOOD FEEL BETTER

Thursday 18 April 2 – 4pm

MINDFULNESS FOR WOMEN

Friday 19 April 1 – 2.30pm

CHAT 'N CATCH UP

Wednesday 24 April 2.30 – 4pm

LAUGHTER YOGA

Thursday 25 April 11 – 12.30pm

LYMPHOEDEMA TALK

Thursday 25 April 1.30 – 2.30pm

MINDFULNESS FOR MEN

Thursday 25 April 2 – 3pm

FLOWER ARRANGING

Monday 29 April 2 – 4pm

BOOK CLUB

Tuesday 30 April 2.30 – 3.30pm

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 Breast Care & Lingerie

COUNSELLING

A counselling service is provided to people diagnosed with cancer and family members. Appointments are by referral through the Nurse Manager.

ENTITLEMENTS & BENEFITS

A Community Welfare Officer is available for telephone consultations.

PHYSIOTHERAPY

Nurse Manager arranges referrals.

REFLEXOLOGY

Nurses arrange referrals.

**A PRIVATE CONSULTATION CAN
ALSO BE ARRANGED WITH ONE OF
OUR NURSES BY APPOINTMENT**