



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

DAILY CLASSES & ACTIVITIES

CARPARK SPACE IS LIMITED AT ALL TIMES

MONDAY

12.30-1.30pm: Qi Gong

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

10.15-11.30AM: Pitch & Putt (see poster for details)

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 MAY:

Friday 10th & 24th

QI GONG, 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

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**

FUNDRAISING

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

CHAT 'N CATCH UP

Wednesday 1 May 2.30 – 4pm

WOMEN'S SUPPORT GROUP

Wednesday 1 May 11.30 – 12.30pm

MINDFULNESS FOR WOMEN

Friday 3 May 1 – 2.30pm

MEN'S SUPPORT GROUP

Wednesday 8 May 2.30 – 3.30pm

MEN'S INFORMATION TALK

Monday 13 May 2.30 – 3.30pm

ALL THING'S HAIR

Tuesday 14 May 11.30 – 12.30pm

BEREAVEMENT SUPPORT GROUP

Wednesday 15 May 2.30 – 3.30pm

ASSERTIVENESS COURSE (6 Weeks)

Starting Thursday 16 May 10 – 1pm

MINDFULNESS FOR MEN

Thursday 16 May 2 – 3pm

IT STARTS AND ENDS WITH YOU

Friday 17 May 10 – 11.30am

MINDFULNESS FOR WOMEN

Friday 17 May 1 – 2.30pm

BOOK CLUB

Thursday 23 May 2.30 – 3.30pm

CHAT 'N CATCH UP

Monday 27 May 11 – 12.30pm

CANDLE MAKING

Wednesday 29 May 2 – 4pm

MINDFULNESS FOR MEN

Thursday 30 May 2 – 3pm