



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



RADIO

BINGO

BOOKS

NOW

AVAILABLE

FROM THE

CENTRE €5

PER BOOK

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

FUNDRAISING

20TH ANNIVERSARY CELEBRATIONS

GARDEN PARTY

Saturday 24th August 2024

Gary Kelly Cancer Support Centre

INTERCOUNTY GOLF CLASSIC

Sunday 1st September 2024

Blackbush Golf Classic

CHARITY GOLF CLASSIC

Friday 13th September 2024

Laytown & Bettystown Golf Club

OPEN FOR REGISTRATION

WOMEN'S SUPPORT GROUP

Wednesday 5 June 11.30 – 12.30pm

CHAT 'N CATCH UP

Wednesday 5 June 2.30 – 4pm

LAUGHTER YOGA

Thursday 6 June 2 – 3.30pm

WOMEN'S INFORMATION TALK

Monday 10 June 2.30 – 3.30pm

ALL THING'S HAIR

Tuesday 11 June 11.30 – 12.30pm

MEN'S SUPPORT GROUP

Wednesday 12 June 2.30 – 3.30pm

MINDFULNESS FOR MEN

Thursday 13 June 2 – 3pm

MENOPAUSE TALK

Thursday 13 June 2.30 – 3.30pm

IT STARTS AND ENDS WITH YOU

Friday 14 June 10 – 11.30am

MINDFULNESS FOR WOMEN

Friday 14 June 1 – 2.30pm

BEREAVEMENT SUPPORT GROUP

Wednesday 19 June 2.30 – 3.30pm

LOOK GOOD FEEL BETTER

Thursday 20 June 2 – 4pm

CHAT 'N CATCH UP

Monday 24 June 11 – 12.30pm

MINDFULNESS FOR MEN

Thursday 27 June 2 – 3pm

MINDFULNESS FOR WOMEN

Friday 28 June 1 – 2.30pm

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**