



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

**CANCER SUPPORT SERVICES**

Please speak to one of our nurses to be referred to any of the below services

- One-to-one Nurse Consultations – Physiotherapy
- Prosthesis & Lingerie Fitting Services
- Reflexology – Lymphoedema Services
- Entitlements Service – Legal Advice Service
- Counselling Services – Hair & Wig Services



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

**PLEASE NOTE:  
BOOKING REQUIRED FOR THE FOLLOWING:**

**SUPPORT GROUPS:**

**WOMEN'S SUPPORT GROUP**  
Wednesday 13 May 11.30 – 12.30pm  
*For clients with a cancer diagnosis*

**MEN'S SUPPORT GROUP**  
Wednesday 13 May 2.30 – 3.30pm  
*For clients with a cancer diagnosis*

**BEREAVEMENT SUPPORT GROUP**  
Wednesday 20 May 2.30 – 3.30pm  
*For clients who have lost family/friends through a cancer diagnosis*

**LIVING WITH ADVANCED CANCER SUPPORT GROUP**  
Wednesday 27 May 2.30 – 3.30pm  
*For clients living with a long-term cancer diagnosis*

**FAMILY SUPPORT GROUP**  
Wednesday 27 May 6 – 7pm  
*For clients who currently have family/friends with a cancer diagnosis*

**MINDFULNESS:**

**MINDFULNESS FOR WOMEN**  
Wednesday 6 May 2.30 – 4pm

**MINDFULNESS FOR WOMEN**  
Wednesday 13 May 2.30 – 4pm

**MINDFULNESS FOR WOMEN**  
Wednesday 20 May 2.30 – 4pm

**MINDFULNESS FOR WOMEN**  
Wednesday 27 May 2.30 – 4pm

**MINDFULNESS FOR MEN**  
Thursday 14 May 2 – 3.30pm

**MINDFULNESS FOR MEN**  
Thursday 28 May 2 – 3.30pm

**WORKSHOPS & TALKS:**

**SOUND BATH**  
Monday 11 May 11 – 12.30pm

**MENOPAUSE INFORMATION TALK**  
Tuesday 19 May 2.30 – 4pm

**DECOUPAGE CRAFT WORKSHOP**  
Monday 25 May 2 – 4pm

**IT STARTS & ENDS WITH YOU – 3 WEEK COURSE**  
Starting Tuesday 26 May 2 – 4pm

**BOOK CLUB**  
Thursday 28 May 2.30 – 3.30pm

**WEEKLY CLASSES & ACTIVITIES**

**PLEASE BOOK YOUR PLACE FOR EACH CLASS BY CONTACTING THE CENTRE THE DAY BEFORE**

**TUESDAY**

10.30-11.15am: Yoga – Gentle / Beginners  
11.30-12.15pm: Yoga – Improvers

**WEDNESDAY**

7- 8.30pm: Gary Kelly CSC Choir (every second week)

**THURSDAY**

11am: Walking Group

**FRIDAY**

11-12noon: Yoga Nidra  
3-4.30pm: Gary Kelly CSC Choir (every second week)

YOGA AND YOGA NIDRA ARE HELD BOTH IN THE CENTRE & VIA ZOOM LINK.

CARPARK SPACE IS LIMITED AT ALL TIMES

**FUNDRAISING**

All proceeds go towards our services in the Centre

**TREDAGH SINGERS**

(Guest Appearance by the Gary Kelly CSC Choir)  
Friday 22 May 8PM  
St. Peter's Church of Ireland  
Tickets €20 – available in the Centre

**Bank Holiday Bops - 60's Night**

Raffle and a prize for best 60's-themed outfit  
with music by DJ Blue  
Friday 29 May 9PM - late  
O'Raghallaighs GFC

**GKCSC MINI MARATHON Drogheda**

Sunday 31 May – Starting @ 10am sharp at the Centre  
**Now open for registration**  
€25 includes our brand-new mini marathon t-shirt

Lace up your trainers and take part in the Gary Kelly Cancer Support Centre mini marathon. Whether you walk, jog, or run, it's all about taking part and having fun while supporting the Centre

**For more details or information on our events please call 0419805100 or email [anne@gkcancersupport.com](mailto:anne@gkcancersupport.com)**