



Block Road, Portlaoise,

Co Laois

057 8681492

[www.cuislecancersupport.com](http://www.cuislecancersupport.com)

email: [info@cuislecancersupport.ie](mailto:info@cuislecancersupport.ie)



## Mondays

### MINDFULNESS PROGRAMME

11.30am-12.30pm

12th February

6 Week Course

Booking Essential

### EXERCISE CLASS

Gentle strengthening exercise for cancer patients

12.45-1.30pm

12th February

Places Limited

6 Week Course

### CREATIVE ARTS CLASS

12th February  
(6 Weeks)

Booking Essential

2.15pm-4.15pm

### COUNSELLING

By appointment only

### SUPPORT NURSE

#### AVAILABLE

By appointment only

### ENTITLEMENTS

A Citizens Information Adviser will give you advice about the financial help you may be entitled to and will help you to navigate the process. e.g., medical card application etc

## Tuesdays

### MEN'S SUPPORT GROUP

10.30am-11.30am

Date to be confirmed

### MINDFULNESS FOR MEN

11.45am-12.30pm

13th February

### PROSTHESIS & BRA

#### FITTING DAY

Spaces Available.

Booking Essential

13th February

### GARMENT FITTING

Serra Nova

Tuesday, 5th March

Sleeve/Leg Garments

For Lymphoedema

Booking Essential

### "LOOK GOOD

#### FEEL BETTER"

Tuesday, 9th April

Booking Essential

## Wednesdays

### CHAIR YOGA

10am-11am

7th February

11.20am-12.20pm

Booking Essential

6 Week Course

### ART

From 2-4pm

7th February

8 Week Course

### BEREAVEMENT

#### COUNSELLING

By appointment only

Funded by Laois Hospice

### MANUAL LYMPHATIC

#### DRAINAGE

A specialised gentle massage

for patients with Lymphoedema,

which may result from surgery or radiotherapy.

By Appointment Only

Part Funded by

Laois Hospice

### REFLEXOLOGY

#### REIKI

By appointment only

## Thursdays

### THRIVE & SURVIVE PROGRAMME

This is a self-management programme for cancer survivors with the aim of improving their quality of life to better manage daily health.

(Developed by Standford University)

10am-12 noon

29th February

Booking Essential

### MINDFULNESS IN

#### MENOPAUSE

11.30am-12.30pm

8th February

Booking Essential

6 Week Course

### CLIMB

#### PROGRAMME

Helping Children Understand Cancer. This programme is fun and creative, using drama, arts and play and aims to help children cope with a cancer diagnosis in the family

SEPT 2024

## FRIDAYS

### TAI CHI

Tai Chi improves quality of life, balance, agility, flexibility and muscle tone in cancer survivors. It may also help reduce fatigue, anxiety, depression, and stress.

9.30-11am

8 Week Course

Booking Essential

## AQUA AEROBICS

### EVERY MONDAY

from 12.45-1.30pm - Booking Essential

IN PORTLAOISE LEISURE CENTRE



Please give the centre a call if you would like to attend this class on 057 8681492

THIS CLASS IS FREE OF CHARGE AS IS ALL OUR SERVICES