

Monthly Breast Cancer Support Group

Held in the Cancer Information and Support Centre
Level 3, Gloucester House, RPAH
2nd Wednesday of each month from 1:00 pm to 2.30 pm

A free program that consists of informal discussion with guest speakers

Topics Covered

- | | |
|--------------------|---|
| 10 February | "Open Discussion" Facilitated by Ruth Mirto Yearly Agenda, News, New Publications |
| 10 March | "Energy Therapist" The Soulmate Connection Sestina Dos Santos |
| 14 April | "Physiotherapy Led Health and Fitness" Bounce Personal Training |
| 12 May | Prosthesis and Clothing Leila O'Toole Specialists in post operative breast care fittings |
| June 9 | "Energy Therapist" The Soulmate Connection Sestina Dos Santos |
| 14 July | "Cording" [Axillary Web Syndrome] Ulla Hudson Physiotherapist |
| 11 August | Lymphoedema Treatment Wendy Cook Burrows Lymphatic Drainage, Remedial Massage |
| 8 September | "Energy Therapist" Sestina Dos Santos The Soulmate Connection |
| 13 October | Food and Nutrition Cancer Council Nutrition Officer |
| 10 November | Open Discussion Facilitated by Ruth Mirto |
| 8 December | Christmas Party get together |



Come and join us for the opportunity to connect with others on a similar journey, gain information and share tips and ideas in a supportive and caring group.

For further information please contact

Ruth Mirto

Breast Cancer Coordinator

9515 6047

Barbara Probert

Information and support Coordinator

9515 6677