

# Sydney Survivorship Centre

Term 1: January to April 2019

## Mindfulness - introductory classes

Monday 4 March to 25 March

Time: 9.30 am - 11 am

## Art therapy

Monday 4 February to 8 April

Time: 11.30 am - 1.30 pm

## Card making

Six classes: 5, 12 and 19 February;  
19 and 26 March; 2 April

Time: Tuesday 10 am - 12 pm

## Medical Qigong (Tai chi)

Tuesday 29 January to 9 April

Time: 12.30 - 2 pm

## Scrapbooking

Wednesday 30 January to 10 April

Time: 9.15 am - 11.15 am

## Pilates

Wednesday 6 February to 10 April

Time: 12 pm - 1 pm

## Bookings are essential.

**Courses are free for cancer survivors and a carer who would like to come with them if there is space in the class. All class materials are supplied.**

Courses are held at the Survivorship Cottage, Building 82, Concord Hospital, corner of Boronia and Nullawarra Streets, Concord. Entrance is via Gate 4 of Concord Hospital.

We run our classes and workshops during the school term.

**To book and further information phone 02-9767 5222 or email Lynne at [Slhd-ConcordSurvivorship@health.nsw.gov.au](mailto:Slhd-ConcordSurvivorship@health.nsw.gov.au)**

## Cool, calm and connected

Wednesday 30 January to 10 April

Time: 2 pm - 3 pm

Learn about relaxation, meditation and stress relief strategies.

## Gentle yoga

Thursday 31 January to 11 April

Class 1: 10 am - 11.15 am

Class 2: 11.30 am - 12.45 pm

*Please note classes are for patients only*

## Walking groups

Monday 10 am and Thursday 9 am

Starting Thursday 31 January. Meet at the Cottage for a 45 minute walk around the local area.

## Music therapy

Friday 1 February to 12 April

Time: 9.30 am - 10.30 am

## English classes

Practice your conversation, reading and writing skills in a small friendly group. Contact Lynne to book a time.

## Bowel cancer support group

Meets in the Cottage on the third Monday of each month from 2 - 3 pm. No need to book, just come along.