



Supporting people with Cancer wherever they are

SPRING PROGRAMMES 2011

FEEL GOOD FRIDAY open to Carers and Patients FREE

Is our new in house beauty programme for patients and carers? Programme runs every Friday morning 10.00am to 1.00pm. For further details and appointments contact **Jacqueline** or **Jenny** on **87729850**

NEW Lymphoedema Support Group opens to all FREE

Tuesday 1st March 2011 at Kylemore Cottage from 3-5pm Guest speakers TBC For further information on this support group contact Jacqueline or Jenny on 02887729850 or visit www.lnni.org

HOLISTIC HEALING FREE One day course takes place Friday 11th March at Gables Restaurant Dungannon Road Cookstown. New approaches to self healing positive thinking and relaxation. One –one sessions and group work. Places are limited so please book early contact **Jacqueline** or **Jenny 028-87729850**

THE HEALING POWER OF AYURVEDA FREE TO PATIENTS/CARERS

The ancient healing system of Ayurveda originated in India over 5000 years ago. It is based on the holistic principle that spirit, mind and body are inextricably linked and that mind exerts a powerful influence over the body. Dr. Aileen O Kane, a western physician with a specialist interest in holistic healing considers Ayurveda a remarkable yet simple approach which can empower the patient to become a part of their own healing process. The programme is open to everyone, is extremely beneficial to all participants and has become very popular. **Start Tuesday 3rd May 2011 from 11am-1pm. Book early to avoid disappointment.** The 6 week programme includes a 1 - 1 consultation with Dr. O Kane for details contact Jacqueline **87729850**

ARE YOU A CARER FOR A CANCER PATIENT? FREE

CARERS CONNECT Social Support Network is a new 6 week course starts Thursday 19th May from 2.30-4pm. It will identify key needs of carers such as Money Matters, Welfare Rights & Benefit Entitlement, Mind you head, decision making, planning for the future and time for me for more information contact Jackie M on 02887729850

The NEW PERSPECTIVES Patients Programme: FREE Will help you to meet and share your experiences with people who understand what you are feeling for further details and to register on this course please contact Jackie M or Jenny on 02887729850

For further details contact Jacqui or Jenny on **028-87729850** – Email: office@cancerchoices.org.uk

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