

FREE

CoastCanCare

Wellness Program

FREE WORKSHOPS FOR CENTRAL COAST
ADULTS DIAGNOSED WITH CANCER,
THEIR CARERS, FAMILY MEMBERS & FRIENDS



Central Coast
Local Health District

TERM 2 2023

Proudly supported by Dry July | www.dryjuly.com

PROGRAM	DAY	DATE	TIME	VENUE
GENTLE YOGA and RELAXATION	8 Tuesday afternoons	9 May - 27 June	3pm - 4.15pm	Terrigal Rotary Hall 55-75 Duffys Road TERRIGAL
SOCIAL drop in group We will have some crafts along with afternoon tea	10 Wednesday afternoons	26 April - 28 June	1pm - 3pm	Woodbury Park Community Centre 1 Woolmers Crescent MARDI
ART THERAPY (no art skills needed - priority will be given to new participants)	8 Thursday mornings	4 May - 22 June	10am - 12noon	Kariong Progress Hall Corner of Woy Woy Rd & Dandaloo St KARIONG
MEDITATION with Margie Braunstein by Zoom	8 Thursday evenings	4 May - 22 June	7pm - 7.30pm	Online by Zoom
EXERCISE SESSIONS	To be arranged as needed. Please call to express your interest.			
WALKING with Take A Step Walking Group	Last Thursday of the month		10am	TERRIGAL Contact CoastCanCare for details
INTRO TO COMMUNITY GARDENS	Details to be finalised. Please call to express your interest.			Bateau Bay Community Garden

Registrations are essential for all programs. Please call ☎ 4320 9855 or email to ✉ CCLHD-CoastCanCare@health.nsw.gov.au