



Free Wellbeing Workshops Available!

2026 WORKSHOP DATES

Tue 10 February 10am—12.30pm Men's workshop	Tue 17 February 10am—12.30pm	Tue 31 March 10am—12.30pm
Tue 26 May 10am—12.30pm	Tue 16 June 10am—12.30pm	Tue 4 August 10am—12.30pm
Tue 15 September 10am—12.30pm	Tue 27 October 10am—12.30pm	Tue 1 December 10am—12.30pm

San
Cancer Support
Centre

Cancer Support Centre: 9480 9061
Look Good Feel Better: 1800 650 960
Website: www.lgfb.org.au

BOOKINGS ARE ESSENTIAL