

# Rotorua Breast Cancer Trust

Supporting the Rotorua Community



**Celebrating 10 Years Serving Rotorua**

## Morning Tea Support Group

Come and join us on the last  
Wednesday of each month

**Wednesday**

30 August 2017

10.30 am

Abracadabra Cafe  
Amohia Street

These coffee mornings are proving  
very popular with the numbers  
increasing each month. Do come  
along, you will be made very welcome.

## Thursday Morning Walking Group

Meet at Sequoia Cafe  
Tarawera Road 9.30 am

Join us for a walk or if raining a coffee.

## Aratika Trust

Terms 3 & 4

**Meditation Evening Classes** (5  
weeks)

Wednesday nights.

*(This will be our last block series of  
meditation classes this year)*

**VENUE:** QE Health and Spa

**DATE:** August 9th - Sept 6th

**TIME:** 6:30-8:30pm

\$100.00

[Email](#) or Ph/Txt 022 429 5063 for  
more information

## Rotorua Breast Cancer Trust 10th Anniversary Pink Walk

Wednesday 18 October 2017

Village Green

Rotorua Lake front

Registrations taken online or on the day.

\$5.00 adult, children under 12 Koha

**NOTE: No Dogs Please**

Food stalls, Kids zone, Spot Prizes



**Lymphoedema Support Group**

**Meets last THURSDAY of the month**

**Southern Cross Hospital (through main entrance)**

58 Otonga Road, Springfield.

**Next meeting: Thursday 31 August at 5.30 pm**

If you require support or information about Lymphoedema

or are interested in the support group please

Guest speakers for August:

Megan and Karen from Lymph Connect talking about lymph drainage and exercises.

**Contact Vanessa on 0273508843**

**or email**

**[pvmalipaard@xtra.co.nz](mailto:pvmalipaard@xtra.co.nz)**

**TAI CHI for Beginners**

The benefits of Tai Chi are well documented, why not give it a try? You are welcome just to come along and give it a try and see whether you like it.

**Every Monday & Wednesday, 6-7pm at the Eastside Bowling Club rooms,**

26 Warwick Drive, Lynmore

Cost: \$5.00

No need to register, just come along.

First timers most welcome.

**Can B Fit NZ (BrCa)  
Join us for an 8 week Integrated  
Exercise programme  
for women following Breast Cancer  
Surgery**

Commencing 10th October

Two hour sessions from: 10 am -12 noon  
for 8 weeks

Program Dates:

October 10th, 17th, 24th, 31<sup>st</sup>

November 7th, 14th, 21st, 28th

There is no charge for the 8-week exercise programme as it sponsored by Rotorua Breast Cancer Trust, Polynesian Spa and

local businesses.

The exercise programme is gentle, but effective in addressing the specific needs of women who have undergone surgery and treatments for breast cancer. This programme can benefit those women not only during initial year of surgery & treatments but also years' post surgery.

There isn't any limit to age or stage to participate on the programme.

The exercise programme includes: -

Gentle floor and pool exercises

Help with upper body, shoulder and arm flexibility, strength and mobility

Information on reducing risk or managing symptoms of Lymphoedema

Introduction to cardio and core exercises  
Brain gym component

Home exercise programme

Kick starting individual's future fitness programmes

Safe & supportive environment

It is recommended that you wear loose comfortable clothing capable of allowing free movement and bring a drinks / water

bottle. After the programme you are welcome to purchase refreshments and food at the cafeteria and relax.

Full registration and medical approval is mandatory. Your specialist or general practitioner may charge you a fee for completion of the form.

Any queries contact: Penny Spooner  
(Mob) 021 122 6256 or (Home) 07 2819427.

Registration and medical clearance documentation is required for participation

Maximum of 14 participants per programme

Registration documents available from Rotorua Breast Cancer

**Cancer Wellness Retreat 2017**

Sunday 12th - Thursday 16th

November

Lakes Lodge, Okataina.

(about 25 minutes from Rotorua  
towards Whakatane)

This retreat is for people affected by  
cancer looking for evidence based  
information to help them understand  
the lifestyle choices that have that  
affect well-being.

You can bring along a support  
person if you wish too.

Check out our page for more  
information. [www.aratikatrust.co.nz](http://www.aratikatrust.co.nz)  
or call Shelley Ph 022 492 5063

Support Service office  
Enquiries 021 0235  
2600 email [canbfitnz@gmail.com](mailto:canbfitnz@gmail.com)

## Rotorua Breast Cancer Trust is on Facebook

From time to time we share interesting  
information or support opportunities on  
Facebook Please Like and Share our  
Facebook Page by clicking [here](#) or clicking  
on the Facebook icon on the left of this  
newsletter.

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Thanks for reading our newsletter. Again, please don't hesitate to contact us if we can be  
of any assistance.

Kind regards

The team at Rotorua Breast Cancer Trust.

**Need some information or have a query?**

If you would like to get in touch with Rotorua Breast Cancer Trust please don't hesitate to  
email [info@rbct.co.nz](mailto:info@rbct.co.nz) or call us on 022 424 6616

You can also check out our website [www.rbct.co.nz](http://www.rbct.co.nz) or our Facebook  
page [www.facebook.com/RotoruaBreastCancerTrust](https://www.facebook.com/RotoruaBreastCancerTrust).

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