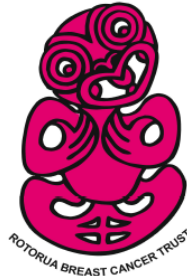


January 2018 Newsletter

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Rotorua Breast Cancer Trust

Supporting the Rotorua Community



First morning tea for 2018 Morning Tea Support Group

Come and join us on the last
Wednesday of each month

Wednesday

31st January 2018

10.30 am

Ciabatta Bakery

White Street

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

Lymphoedema Support Group

22nd February 2018

Guest speaker:

**Last Thursday of the
month**

Southern Cross Hospital

Happy New Year 2018

International Holistic Cancer Symposium in New Zealand

March 24th & 25th 2018, at Auckland
University of Technology (AUT).

The International Holistic Cancer Symposium (IHCS) is a regular conference organized by health professionals, the purpose of which is to share evidence-based research on cancer prevention, treatment and support, and knowledge that encompasses treating the whole person, not just cancer tumours.

(through main entrance)

58 Otonga Road,
Springfield.
5.30 pm

If you require support or information about Lymphoedema or are interested in the support group please

**Contact Vanessa on
0273508843
or
email
pvmalipaard@xtra.co.nz**

TAI CHI for Beginners

2018 start date to be confirmed
**for more information please
contact Beth 022 424 6616**

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)

2018

If you are interested in attending please contact Penny through the Rotorua Breast Cancer trust email: info@rbct.co.nz

Walking Group 2018

meets every Thursday

9.30 am outside Sequoia Eatery
Tarawera Road

Easy walking, great company.

Stop and join us for a coffee afterwards
All welcome.

It is a resource for all those who are interested in an evidence-based holistic approach to cancer treatments, management and prevention.

The IHCS is for Governmental Agencies, Medical, Allied and CAM health practitioners, Cancer Support Organisations & Cancer NGO's and Cancer patient lobby groups.

Speakers include leaders in their fields, from the United States, Australia and New Zealand: Bruce Lipton PhD, Jack Tips ND PhD, Dr Allan Frankel MD, Ty Bollinger, Glen Gillard ND, Dr Anna Goodwin MD, Dr Robin Kelly MD, Prof Bill Watson, Katherine Smith, Jon Eisen and Kim Knight.

MC'd by Senior CAM Practitioner David Holden. There will be a Gala Dinner featuring an organic menu by chef-to-the-stars Peter Chaplain, and entertainment by world-class artists and performers Jonathan Quintin, Alan Watson and the Improv Bandits.

If you need to know the very latest in the biology of cancer, and combined approaches to its treatment and prevention, you must attend this Symposium!◆◆

This event is sponsored by the NZ Journal of Natural Medicine.

Click here for more information:

<https://holisticcancersymposium.com>

Coming up in 2018

Next Steps classes

For women who have completed their active cancer management (surgery,

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.

chemo and radio) and are keen to work on their fitness, strength and flexibility.

Weekly 1 hour classes including step aerobic work, pilates, yoga and relaxation.

10 week blocks running regularly throughout 2018. Call to register 07 2822047 or via www.pincandsteel.com.
First 10 week block completely funded.

Paddle On

Currently taking registrations for the only 5 week block in 2018 starting at the end of January. Taking you outside your comfort zone by learning the skills of stand up paddle boarding on our beautiful lakes. All equipment provided, no experience necessary. For those who have completed their active cancer management. Loads of fun and fantastic for your physical and mental wellbeing.

Call to register 07 2822047 or via www.pincandsteel.com. \$60 charge includes all 8 sessions and a land-based screening.

Thanks for reading our newsletter. 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 or call us on 022 424 6616

You can also check out our website www.rbct.co.nz or our Facebook page www.facebook.com/RotoruaBreastCancerTrust.