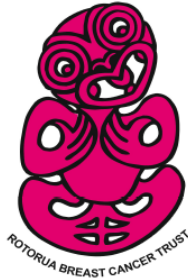


Rotorua Breast Cancer Trust

Supporting the Rotorua Community



Morning Tea Support Group

Come and join us on the last
Wednesday of each month

Wednesday

28th February 2018

10.30 am

Pavilion Cafe

Distinction Hotel

390 Fenton Street

Rotorua

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

Did you know.....

The Cancer Society provides free transport around Rotorua to Doctors appointments etc,

To avail this service phone

Tracy at the Cancer Society rooms.

Ph 07 3494556

Children's Workshop

April 7th (no time as yet)

Children's Workshop for children aged from 7-12 years.

This workshop is for children with parents who have Cancer.

Free of charge,

contact the above number for more information

Lymphoedema Support Group

Meets last Thursday of the month

next meeting

22nd February 2018

Guest speaker: Glenda will be talking about her experiences surviving breast cancer

Southern Cross Hospital

Coming up in 2018

Next Steps classes

For women who have completed their active cancer management (surgery, chemo and radio) and are keen to work on their fitness, strength and flexibility. Weekly 1 hour classes including step aerobic work,

(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

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.

**for more information please
contact Beth 022 424 6616**



Facebook



Website

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.

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.

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.



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.