

## Regular Weekly Classes

### Mondays

**NEW - Pilates for Men**  
12:00pm - 1:00pm

### Tuesdays

**Stress Management**  
10:30am - 12:30pm  
**Relaxation**  
2:30pm - 3:30pm

### Wednesdays

**Yoga**  
9:30am - 10:30am  
**Mindful Sound  
Meditation**  
6:30pm - 7:30pm

### Thursdays

**Mindfulness**  
2:30pm - 3:30pm  
**Chair Yoga**  
6:30pm - 7:30pm

### Fridays

**Yogalates**  
12:00pm - 1:00pm

## Specialist Talks/Workshops

**Writing for the Future**  
Wed May 5<sup>th</sup>  
7:30pm - 9:30pm

**Facial Reflexology Workshop**  
Fri May 14<sup>th</sup>  
10:30am - 11:30am

**Clinical Trials Talk**  
Wed 18<sup>th</sup> May  
2pm

**Look Good, Feel Better  
Workshop**  
Fri May 26<sup>th</sup>  
1:30pm - 12:30pm

**Nutrition for Stoma Patients**  
Wed May 26<sup>th</sup>  
7pm

**Well-Being Action Planning  
Workshop**  
Fri May 28<sup>th</sup>  
10:30am - 12:00pm (for family  
& carers of a family member with  
a cancer diagnosis)

## Courses Starting in May

**NEW - Pilates for Men  
Weekly Class**  
Mon May 10<sup>th</sup>  
12:00pm - 1:00pm

## Upcoming Events Registration Open

**Blood Clots, Cancer  
& You Talk**  
Tues 1<sup>st</sup> June  
7:00pm - 8:30pm

**Memory Book  
Workshop**  
Wed 2<sup>nd</sup> June  
7:30pm - 9:00pm

**Coping with Fatigue  
Talk**  
Fri 11<sup>th</sup> Jun  
7:00pm - 9:00pm

## Monthly Support Groups

**Breast Cancer Support Group**  
Wed 5<sup>th</sup> May: 5.00pm – 6.15pm

**Prostate Cancer Support Group**  
Fri 7<sup>th</sup> May: 10:30am - 11:30am

**Family & Carer's Support Group**  
Mon 10<sup>th</sup> May: 7:30pm - 9:00pm

**Secondary Cancer Support Group**  
Wed 12<sup>th</sup> May: 2:00pm - 4:00pm

**Family Bereavement Support Group**  
Mon 17<sup>th</sup> May: 7:30pm - 9:00pm

**Living with Cancer during Covid -19 SG**  
Mon 24<sup>th</sup> May: 10:30am - 12:00pm

**NEW – Parenting Through Bereavement  
Support Group**  
Mon 24<sup>th</sup> May: 7:30pm - 9:00pm

**Myeloma Cancer Support Group**  
Wed 26<sup>th</sup> May: 1:00pm - 2:00pm

**Men's Cancer Support Group**  
Thurs 27<sup>th</sup> May: 12:30pm - 1:30pm

## FUNDRAISING

The **ARC 5K/10K Run** is 'ready, set, go' for Phoenix Park from the **1<sup>st</sup>-7<sup>th</sup> May 2021**. Although a solo run, you can choose to run in the Phoenix Park OR you can run within your own community. For further details and to register visit [www.arccancersupport.ie](http://www.arccancersupport.ie) or email [tracy@arccancersupport.ie](mailto:tracy@arccancersupport.ie)

The **ART for ARC** auction will take place from **May 28<sup>th</sup> - 30<sup>th</sup>**! Check out our social media and website to view the amazing art pieces up for grabs.



## Support Line & Counselling Service

To enquire about our **Telephone & Online Counselling Service** and **Peer Cuppa Call Service**, phone us on **01 215 0250** or email [info@arccancersupport.ie](mailto:info@arccancersupport.ie).