



Welcome to

LARCC

Cancer Support Centre



Pamper Day Programme

- Arrive 10.00 am:** Meet with Team for information on our services at LARCC, followed by tea & coffee
- 11.00 – 1pm:** Relaxing Therapy - options include:
Reflexology / Indian Head Massage / Reiki
- 1.15pm – 2.15pm:** Light Lunch
- 2.30pm:** Group Meditation / Visualisation
- 3pm:** Free time to enjoy beautiful grounds and Sensory Garden at your leisure.
Enjoy cup of tea / coffee before leaving for home

Group number required – minimum 4 maximum 6 €35.00 per person

LARCC Cancer Support Centre, Multyfarnham, Co. Westmeath

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