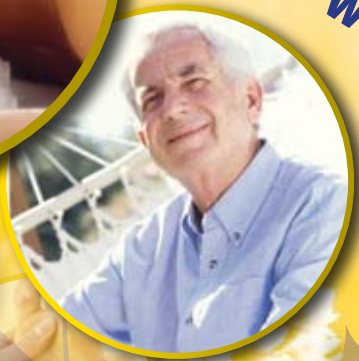

LARCC CANCER SUPPORT CENTRE

www.larcc.ie

"There are no strangers here; Only friends you haven't yet met".

LARCC Cancer Support Centre
Ballinalack, Mullingar, Co. Westmeath
Tel: 044 9371971
Email: info@larcc.ie Web: www.larcc.ie

Callsave: 1850 719 719

LARCC Cancer Support Centre

Residential Programme or 'Take a Break' Week:

LARCC is the only cancer support centre in Ireland that runs a residential programme. The purpose of the 5 day residential programme is to take clients on a personal journey of relaxation, reflection and recovery by skilled therapists, nurses and counsellors. The ambiance of the Centre provides the clients with the opportunity to discuss issues in a relaxed and homely environment.

24 Hour Nurse Care - Ensuite Bedrooms - Diet Preferences Accommodated

DURING THE RESIDENTIAL PROGRAMME TYPICAL ACTIVITIES FOR THE WEEK INCLUDE:

MONDAY:

Afternoon - *Arrive and meet over lunch, followed by introduction from course facilitator.*
Evening - *Supper followed by light facial massage with our specially trained therapist.*

TUESDAY:

Morning - *Breakfast followed by group work with facilitator, then session of Tai Chi with instructor.*
Afternoon - *Lunch followed by Reflexology with qualified therapist.*
Evening - *Supper followed by presentation by guest speaker / free evening.*

WEDNESDAY:

Morning - *Breakfast followed by Group session with course facilitator.*
Afternoon - *Lunch followed by trip to Belvedere House Gardens & Park.*
Evening - *Supper followed by presentation by guest speaker / free evening.*

THURSDAY:

Morning - *Breakfast followed by trip to Abbey in Multyfarnham for Art Therapy.*
Afternoon - *Lunch followed by complementary therapy of Reiki with qualified therapist.*
Evening - *Supper followed by hair / beauty / pamper treatment by specially trained beauty therapist.*

FRIDAY:

Morning - *Breakfast followed by Group closing session with course facilitator.*
Afternoon - *Lunch followed by farewell and departure.*

OTHER CANCER SUPPORT SERVICES AT LARCC INCLUDE:

Telephone Helpline • Nurse Support • Counselling
Complementary Therapies • Breast Care Service
Bereavement Service • Pamper Days

For further information please contact the Centre

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Charity No. 14959