LARCC CANCER SUPPORT CENTRE

www.larcc.ie

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

LARCC Cancer Support Centre
Coole Rd., Multyfarnham, Co. Westmeath
Tel: 044 9371971
Email: info@larcc.ie Web: www.larcc.ie

Callsave: 1850 719 719

Reg. CHY No. 14959

National Cancer Retreat & Support Centre

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

MONDAY:
Afternoon - *Arrive and meet over lunch, followed by introduction.*
Evening - *Supper followed by light facial massage.*

TUESDAY:
Morning - *Breakfast followed by group work and Tai Chi.*
Afternoon - *Lunch followed by Reflexology.*
Evening - *Supper followed by guest speaker.*

WEDNESDAY:
Morning - *Breakfast followed by Group session.*
Afternoon - *Lunch followed by trip to Belvedere House & Gardens.*
Evening - *Supper followed by gentle Yoga .*

THURSDAY:
Morning - *Breakfast followed by Art Therapy.*
Afternoon - *Lunch followed by complementary therapy.*
Evening - *Supper followed by pamper treatment.*

FRIDAY:
Morning - Breakfast followed by Group closing session.
Afternoon - Lunch farewell and departure.

Check out course dates & fees online - www.larcc.ie/our-courses/take-a-break/

CALL IN SERVICES

LARCC is a full time Centre open 9am to 5pm Mon – Thurs & 9am to 4pm on Friday.
All therapies are by appointment and aim to complement the medical profession.

Support Services include:

Complementary Therapies :
Reflexology - Indian Head Massage
Reiki - Gentle Cancer Care Massage
1 to 1 Counselling
Bereavement Support Group
Breast Care Service
MLD (Manual Lymphatic Drainage)
Telephone Helpline
General Nurse Support & Info on Entitlements
Chiropody
Children's Service / Play Therapy

Various Group Workshops to enjoy:

Tai Chi
Relaxation & Meditation
Gentle Yoga
Art Therapy
Stress Management
Cancer Support Groups

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