

# CanConnect – South Cancer Group

Connection and talk, movement and walk

## WHEN

First Wednesday of each month  
9:30am–11:30am

## WHERE

Logan Campbell Building,  
Auckland Botanic Gardens,  
102 Hill Road, Manurewa

## FOR

All those affected by cancer, patients  
and their supporters.

## DETAILS

An engaging and supportive group who meet to learn and connect. Each month has a different wellbeing topic (with guest speakers). Following that, we connect over gentle movement and a cup of tea. If movement is hard for you, we have other great (non-walking) alternatives too.

## 2026 dates

June 3

July 1

August 5

September 2

October 7

November 4

# Topics

**June 3**

Practical Community Supports

**July 1**

Identifying What Matters

**August 5**

Wellbeing and SMART Care

**September 2**

Navigating the Health System

**October 7**

Eating Well During and  
After Treatment

**November 4**

Physical Activity at Any Stage



**Just turn up, rain or shine!**

Any questions, email:  
[psychologicalservice@akcansoc.org.nz](mailto:psychologicalservice@akcansoc.org.nz)