

CanConnect – West Cancer Group

Connection and talk, movement and walk

WHEN

Second Thursday of each month
9:30am–11:30am

WHERE

Opanuku Studio,
Corban Estate Arts Centre,
2 Mt Lebanon Lane,
Henderson

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

March 12

April 9

May 14

June 11

July 13

August 13

Topics

March 12

Navigating the Health System

April 9

Wellbeing and SMART Care

May 14

Practical Community Supports

June 11

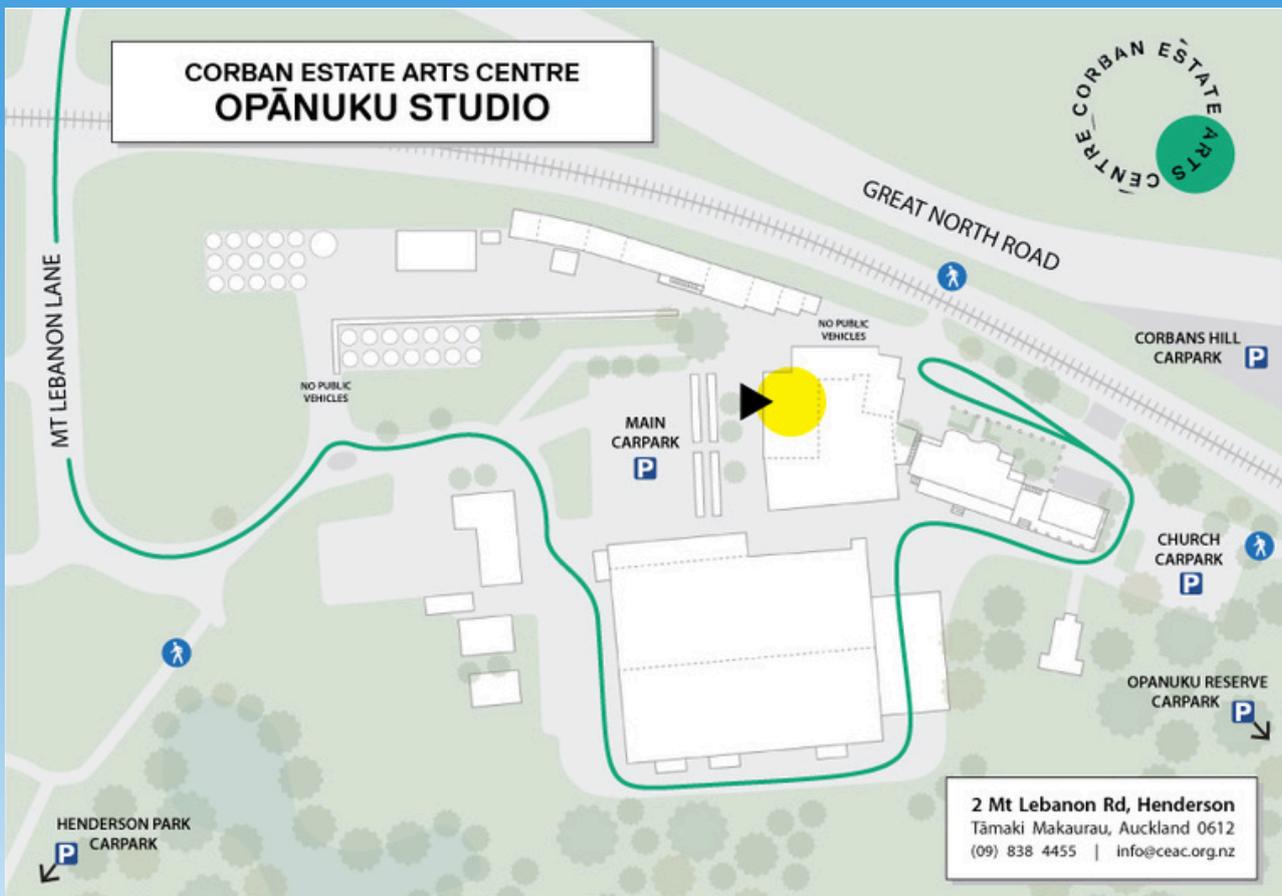
Physical Activity at Any Stage

July 9

Identifying What Matters

August 13

Stress and Coping



Just turn up, rain or shine!

Any questions, email:
psychologicalservice@akcansoc.org.nz