

# COTTESLOE WEEKLY PROGRAM –SEPTEMBER 2019

W: Weekly F: Fortnightly M: Monthly

## WEEKLY ACTIVITIES

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|---|---|--|---|
| <b>8:00 AM – 9:00 AM</b>   | <b>8:30 AM – 9:30 AM</b>   | <b>9:00 AM – 10:00 AM</b>                                     | <b>8:30 AM – 9:30 AM</b>  | <b>8.30 AM – 9.30 AM</b>                         |   |
| <b>WALKING GROUP</b><br>W<br><b>FREE</b><br>Meet at rear entrance              | <b>EXERCISE YOUR WAY</b><br>W<br>CONFERENCE HALL   | <b>GENTLE YOGA</b><br>W<br>CONFERENCE HALL                    | <b>YIN YOGA</b><br>W<br>CONFERENCE HALL   | <b>PILATES MAT WORK</b><br>W<br>CONFERENCE HALL  |   |
| <b>8.30 AM – 9.30 AM</b>   | <b>9:30am-10.30am</b>  |   | <b>9:30 AM – 11:00AM</b>  | <b>10:00 AM – 11:30 AM</b>                       |   |
| <b>PILATES MAT WORK</b><br>W<br>CONFERENCE HALL                                | <b>QIGONG</b><br>W<br>CONFERENCE HALL  |   | <b>MEDITATION</b><br>W<br>BOARDROOM   | <b>SOUND HEALING</b><br>W<br>CONFERENCE HALL     |   |
| <b>9:30 AM – 11:00 AM</b>  | <b>10:00 AM – 12:00 PM</b>   | <b>10:00 AM – 12:00 PM</b>                                    | <b>9.30, 10.30, 11.30AM</b>   | <b>11.30 AM and 12.30PM</b>                      | <b>12:00 PM – 2:00 PM</b>   |
| <b>MEDITATION MADE EASY</b><br>W<br>CONFERENCE HALL                            | <b>WELLNESS GROUP (support group)</b><br>W<br>MEETING ROOM 3   | <b>WOMEN'S CIRCLE (support group)</b><br>W<br>MEETING ROOM 3  | <b>HAND &amp; FOOT MASSAGE OR INDIAN HEAD MASSAGE</b><br>W<br>APPOINTMENT ONLY  | <b>REIKI ONE ON ONE</b><br>W<br>APPOINTMENT ONLY | <b>REIKI CLINIC LAST SATURDAY OF THE MONTH</b><br>CONFERENCE HALL |
| <b>9.30, 10.30, 11.30AM</b>  | <b>10:00AM- 11:30 AM</b>   | <b>10:30 AM -12:30 PM</b>                                     | <b>10AM AND 11AM</b>  |  |   |
| <b>SCAR WORK THERAPY</b><br>F<br>APPOINTMENT ONLY                              | <b>SING FOR JOY CHOIR</b><br>W<br>WANSLEA ROOM   | <b>BEREAVEMENT GROUP (support group)</b><br>W<br>WANSLEA ROOM | <b>REIKI ONE ON ONE</b><br>W<br>APPOINTMENT ONLY  |  |   |
| <b>11AM, 12.45PM,1.45PM</b>  | <b>10AM and 11.30AM</b>  | <b>10AM and 11AM</b>  | <b>12.30pm – 2.30pm</b>   |  |   |
| <b>HAND &amp; FOOT MASSAGE OR INDIAN HEAD MASSAGE</b><br>W<br>APPOINTMENT ONLY | <b>SAND AND CLAY ART THERAPY ONE ON ONE</b><br>W<br>APPOINTMENT ONLY   | <b>RELAXATION FACIAL</b><br>W<br>APPOINTMENT ONLY             | <b>CREATIVE ART THERAPY GROUP SESSION</b> W<br>CONFERENCE HALL<br><b>On a break returns 12<sup>th</sup> September</b> |  |   |
|  | <b>11AM, 12PM, 1PM</b>   | <b>11.45AM AND 12.30PM</b>                                    | <b>1PM, 2PM, 3PM</b>  |  |   |
|  | <b>RELAXATION MASSAGE</b><br>Fortnightly<br>APPOINTMENT ONLY   | <b>HAND MASSAGE (30mins)</b><br>W APPOINTMENT ONLY            | <b>REFLEXOLOGY</b><br>W<br>APPOINTMENT ONLY   |  |   |
|  | <b>12.30PM, 1.45, 3PM</b>  |   |   |  |   |
|  | <b>KINESIOLOGY</b><br>W<br>APPOINTMENT ONLY<br><b>TUES ONLY</b>  |   |   |  |   |
|  | <b>1:00pm- 3:00pm</b><br><b>REIKI CLINIC</b><br>W <b>NEW TIME</b><br>CONFERENCE HALL   |   |   |  |   |
|  | <b>1PM AND 2.30PM</b>  |   | <b>1PM, 2PM, 3PM</b>  |  |   |
|  | <b>HYPNOTHERAPY</b><br>W<br>APPOINTMENT ONLY   |   | <b>RELAXATION MASSAGE</b><br>APPOINTMENT ONLY   |  |   |
| <b>6:00 PM - 7:00 PM</b>   | <b>3:30PM- 4:30PM</b>  |   | <b>6:00PM – 7:00PM</b>  |  |   |
| <b>YIN YOGA</b><br>W<br>CONFERENCE HALL  | <b>SOUND HEALING</b><br>Fortnightly <b>NEW TIME</b><br>WANSLEA ROOM<br><b>FORTNIGHTLY!</b><br><b>3<sup>rd</sup> &amp; 17<sup>th</sup> Sept</b> |   | <b>YOGA FOR ALL</b><br>W<br>WANSLEA ROOM  |  |   |

**CHECK THE WEBSITE FOR UPCOMING COURSES AND EVENTS**

**The Wellness Club Membership Package** (\$395/year or \$210 for 6 months) is designed for those people who plan to be actively engaged in our program. This is the best value possible and allows you to make all our activities an easy part of your lifestyle. Benefits included are:

**On joining you will receive the below, FREE OF CHARGE:**

- A place at the Meeting the Challenge Seminar
- A place on MBSR 8 week course
- Cancer Wellness Coaching
- Support Groups
- Counselling
- Sessions for all weekly activities
- Wellness Workshop
- 5 week extended course
- 10 week extended course

# SOLARIS CANCER CARE OP SHOP

New shoes Hush Puppies,  
Ecco, Vionic and more!

Only \$25 A Pair



Toys, Clothes,  
Books, Jewellery  
and more!



**OPEN:  
MON-FRI  
9.30am-  
4.00pm**

All proceeds go to  
Solaris Cancer Care



## SOLARIS CANCER CARE COTTESLOE

### SEPTEMBER PROGRAM 2019

**Offering care, support, and information services**

*Complementary Integrated Therapies  
Support & Counselling  
Information & Education Services  
On-site Library & Resources  
Drop-in Centre  
Relaxation Lounge Area  
Health & Wellness Activities*

**For bookings or information please contact us on**

P: 08 9384 3544

E: [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au)

or visit

**CANCER WELLNESS CENTRE  
80 RAILWAY STREET  
COTTESLOE WA 6011**

**MONDAY – FRIDAY  
8:30 AM – 4:30 PM  
CLOSING 4:00 PM FRIDAYS**

[WWW.SOLARISCANCERCARE.ORG.AU](http://WWW.SOLARISCANCERCARE.ORG.AU)

*Solaris Cancer Care is a not for profit organisation which relies on the generosity and support of the community.*