

# COTTESLOE WEEKLY PROGRAM – APRIL 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> W (Summer time)  <b>FREE</b> Meet Outside entrance	<b>EXERCISE YOUR WAY</b> W  CONFERENCE HALL	<b>GENTLE YOGA</b> W  CONFERENCE HALL	<b>YIN YOGA</b> W  CONFERENCE HALL	<b>PILATES MAT WORK</b> W  CONFERENCE HALL	
<b>8.30 AM – 9.30 AM</b>	<b>9:30am-10.30am</b>	<b>10.15am, 11.30am</b>	<b>9:30 AM – 11:00AM</b>	<b>10:00 AM – 11:30 AM</b>	
<b>PILATES MAT WORK</b> W CONFERENCE HALL <b>NEW! EXTRA CLASS</b>	<b>QIGONG</b> W CONFERENCE HALL	<b>YOGA THERAPY</b> W APPOINTMENT ONLY	<b>MEDITATION</b> W CONFERENCE HALL	<b>SOUND HEALING</b> W CONFERENCE HALL	
	<b>10:00 AM – 12:00 PM</b>	<b>10:00 AM – 12:00 PM</b>	<b>10:00 AM &amp; 11:00AM</b>	<b>10:00 AM -12:00 PM</b>	<b>12:00 PM – 1:30 PM</b>
	<b>TUESDAY FORUM (support group)</b> W MEETING ROOM 3	<b>WOMEN'S CIRCLE (support group)</b> W MEETING ROOM 3	<b>REIKI ONE ON ONE</b> W APPOINTMENT ONLY	<b>GRIEF GROUP (support group)</b> <b>Change to Wed 10/4</b> MEETING ROOM 3	<b>REIKI CLINIC</b> <b>LAST SATURDAY OF THE MONTH</b> CONFERENCE HALL
<b>9:30 AM – 11:00 AM</b>	<b>10:00AM- 11:30 AM</b>	<b>10AM, 11AM, 12PM</b>	<b>12.30pm – 2.30pm</b>	<b>10AM, 11AM, 12PM</b>	
<b>MEDITATION MADE EASY</b> W CONFERENCE HALL	<b>SING FOR JOY CHOIR</b> W WANSLEA ROOM	<b>RELAXATION FACIAL</b> W APPOINTMENT ONLY	<b>CREATIVE ART THERAPY GROUP SESSION</b> W	<b>REIKI ONE ON ONE</b> W APPOINTMENT ONLY	
<b>9.30, 10.30, 11.30am</b>	<b>9AM, 10AM, 11AM</b>		<b>10AM, 11AM, 12PM</b>	<b>12.30PM, 1.45PM, 3PM</b>	
<b>SCAR WORK THERAPY</b> F APPOINTMENT ONLY	<b>HAND &amp; FOOT MASSAGE OR INDIAN HEAD MASSAGE</b> W APPOINTMENT ONLY		<b>REFLEXOLOGY</b> F APPOINTMENT ONLY	<b>KINESIOLOGY</b> W APPOINTMENT ONLY	
	<b>10.30,11.30, 12.30PM</b> <b>RELAXATION MASSAGE</b> <b>Fortnightly NEW!</b> APPOINTMENT ONLY		<b>1PM, 2PM, 3PM</b> <b>REFLEXOLOGY</b> W APPOINTMENT ONLY		
<b>11AM, 12.45PM, 1.45PM</b>	<b>11.30AM- 1.30PM</b>				
<b>HAND &amp; FOOT MASSAGE OR INDIAN HEAD MASSAGE</b> W APPOINTMENT ONLY	<b>REIKI CLINIC</b> W CONFERENCE HALL				
	<b>12.30, 1.45, 3PM</b> <b>KINESIOLOGY</b> W APPOINTMENT ONLY				
	<b>10AM and 11.30AM</b> <b>SAND AND CLAY ART THERAPY</b> <b>ONE ON ONE</b> W APPOINTMENT ONLY				
	<b>1PM AND 2.30PM</b>				
	<b>HYPNOTHERAPY</b> W APPOINTMENT ONLY				
<b>6:00 PM - 7:00 PM</b>	<b>3:00pm- 4:00pm</b>		<b>6:00PM – 7:00PM</b>		
<b>YIN YOGA</b> W CONFERENCE HALL	<b>SOUND HEALING</b> Fortnightly WANSLEA ROOM <b>NEW FORTNIGHTLY!</b> <b>2nd APRIL</b>		<b>YOGA FOR ALL</b> W CONFERENCE HALL		

**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



# Op Shop

Mon – Fri 9.30am-4pm



**Volunteers and Donations welcome**



[www.entbook.com.au/8540v7](http://www.entbook.com.au/8540v7)

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



## SOLARIS CANCER CARE COTTESLOE

**APRIL 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)**