

COTTESLOE WEEKLY PROGRAM –JUNE 2019

W: Weekly F: Fortnightly M: Monthly

| WEEKLY ACTIVITIES | | | | | |
|---|--|---|---|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 8:00 AM – 9:00 AM | 8:30 AM – 9:30 AM | 9:00 AM – 10:00 AM | 8:30 AM – 9:30 AM | 8.30 AM – 9.30 AM | |
| WALKING GROUP W FREE Meet at rear entrance | EXERCISE YOUR WAY W CONFERENCE HALL | GENTLE YOGA W CONFERENCE HALL | YIN YOGA W CONFERENCE HALL | PILATES MAT WORK W CONFERENCE HALL | |
| 8.30 AM – 9.30 AM | 9:30am-10.30am | 10.15am, 11.30am | 9:30 AM – 11:00AM | 10:00 AM – 11:30 AM | |
| PILATES MAT WORK W CONFERENCE HALL | QIGONG W CONFERENCE HALL | YOGA THERAPY W One on One APPOINTMENT ONLY | MEDITATION W BOARDROOM | SOUND HEALING W CONFERENCE HALL | |
| 9:30 AM – 11:00 AM | 10:00 AM – 12:00 PM | 10:00 AM – 12:00 PM | 9.30, 10.30, 11.30AM | 10AM and 11AM | 12:00 PM – 2:00 PM |
| MEDITATION MADE EASY W CONFERENCE HALL | TUESDAY FORUM (support group) W MEETING ROOM 3 | WOMEN'S CIRCLE (support group) W MEETING ROOM 3 | HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W NEW DAY! APPOINTMENT ONLY | REIKI ONE ON ONE W APPOINTMENT ONLY | REIKI CLINIC LAST SATURDAY OF THE MONTH CONFERENCE HALL |
| 9.30, 10.30, 11.30am | 10:00AM- 11:30 AM | 10:30 AM -12:30 PM | 12.30pm – 2.30pm | 12.30PM, 1.45PM, 3PM | |
| SCAR WORK THERAPY F APPOINTMENT ONLY | SING FOR JOY CHOIR W WANSLEA ROOM | BEREAVEMENT GROUP (support group) W WANSLEA ROOM | CREATIVE ART THERAPY GROUP SESSION W CONFERENCE HALL | KINESIOLOGY W APPOINTMENT ONLY | |
| 10.30AM, 11.30AM, | 11AM,12PM, 1PM | 10AM, 11AM, 12PM | 1PM, 2PM, 3PM | | |
| REIKI ONE ON ONE W APPOINTMENT ONLY | RELAXATION MASSAGE Fortnightly APPOINTMENT ONLY | RELAXATION FACIAL W APPOINTMENT ONLY | REFLEXOLOGY W APPOINTMENT ONLY | | |
| 11AM, 12.45PM,1.45PM | 11.30AM- 1.30PM | | | | |
| HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W APPOINTMENT ONLY | REIKI CLINIC W CONFERENCE HALL 12.30, 1.45, 3PM KINESIOLOGY W APPOINTMENT ONLY 10AM and 11.30AM SAND AND CLAY ART THERAPY ONE ON ONE W APPOINTMENT ONLY | | | | |
| | 1PM AND 2.30PM | | | | |
| | HYPNOTHERAPY W APPOINTMENT ONLY | | | | |
| 6:00 PM - 7:00 PM | 3:00pm- 4:00pm | | 6:00PM – 7:00PM | | |
| YIN YOGA W CONFERENCE HALL | SOUND HEALING Fortnightly WANSLEA ROOM FORTNIGHTLY! 11th & 25th June | | YOGA FOR ALL W WANSLEA ROOM | | |

UPCOMING COURSES AND EVENTS Please phone (08) 9384 3544 to book appointments or register for a course.

- Guest Speaker: Exercise Science- Rob Newton- Tuesday **11 June** 6pm-8pm

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 COTTESLOE

JUNE 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

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



Op Shop

Mon – Fri 9.30am-4pm



Volunteers and Donations welcome



www.entbook.com.au/8540v7

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