

COTTESLOE WEEKLY PROGRAM –MARCH 2020

W: Weekly

F: Fortnightly M: Monthly

ORANGE=FREE

PURPLE= Book Appointment

BLUE=Group Class –Payment required for standard and public

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30 AM – 9.30 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	
PILATES MAT WORK W	EXERCISE YOUR WAY W	GENTLE YOGA W	YIN YOGA W	PILATES MAT WORK W	
9:30 AM – 11:00 AM	9:30AM-10.30AM	9.30, 10.30, 11.30AM	10AM, 11AM	10:00am – 11:30am	
MEDITATION MADE EASY W	QIGONG W	REIKI ONE ON ONE F	HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W	SOUND HEALING W	
9.30, 10.30, 11.30AM	10:00 AM – 12:00 PM	10:00 AM – 12:00 PM	9.30AM-10:30AM		12:00 PM – 2:00 PM
SCAR WORK THERAPY F	WELLNESS GROUP (support group) W	WOMEN'S CIRCLE (support group) W	PRANAYAMA YOGA BREATHING PRACTICE (30 mins)+ MEDITATION(30mins)		REIKI CLINIC LAST SATURDAY OF THE MONTH CONFERENCE HALL
10.30am and 12pm	10:00AM- 11:30 AM	10.15AM, 11:30AM	9.30, 10.30, 11.30am	10AM and 11AM	
FACIAL MONTHLY	SING FOR JOY CHOIR W	YOGA THERAPY One on One W	REIKI ONE ON ONE W	REIKI ONE ON ONE W	
10.30AM, 12PM, 2PM,	11AM-12PM	10:30 AM -12:30 PM			
HYPNOTHERAPY F	YIN YOGA W	BEREREAVEMENT GROUP (support group) 1 st Wed of month M			
10AM, 11,30AM	11AM, 12PM, 1PM		10:00AM-12:00PM		
REIKI ONE ON ONE F	RELAXATION MASSAGE F		MINDFULNESS BASED STRESS REDUCTION PRACTICE (if completed 8 week course) Monthly- 3 rd Thursday		
11AM, 12PM, 2PM	1PM and 2PM		12.30PM-2.00PM		
HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W	REFLEXOLOGY MONTHLY		CREATIVE ART THERAPY W		BLUE=GROUP CLASS –Payment required for Standard/Public
11.30 12.30pm, 1.30PM	1PM, 2.30PM				ORANGE=FREE
KINESIOLOGY W	HYPNOTHERAPY W				PURPLE= Book Appointment
	1PM-3PM				
	REIKI CLINIC W				
6:00 PM - 7:00 PM			5:30PM – 6:30PM		
YIN YOGA W CONFERENCE HALL			YOGA FOR ALL W CONFERENCE HALL		

- COUNSELLING APPOINTMENTS ARE AVAILABLE MONDAY TO FRIDAY BETWEEN 9AM UNTIL 3PM.

Please phone (08) 9384 3544 to book appointments or register for a course <https://solariscancercare.org.au/page/programs/timetable>.

UPCOMING COURSES AND EVENTS

- *iRest-Deep Rest* 5 week Course :Monday 11.30am-1pm 9th March – 6th April
- *Meeting the Challenge Workshop*: Tuesday 1pm-5pm 10th March
- *Mindfulness for Pain Management*: : Monday and Tuesday 1pm-2.30 pm 16th & 17th March

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 Op Shop at Cottesloe is open Monday to Friday 9.30am-4pm.

Donations of clothes, books, bric a brac, toys, jewellery, and more are always welcome.

We also need more volunteers to work a 4 hour shift once a week. If this is something you can help us with please contact Kerry on 9384 3544.



Solaris Cancer Care
Mother's Day Raffle 2020
\$3.00 a ticket
Buy it Now!
1st Prize \$15,000.00 Cash Drawn 8 May 2020
Tickets available in all centres & online at solaris.auraffles.com.au

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



SOLARIS CANCER CARE COTTESLOE

MARCH PROGRAM 2020

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