

COTTESLOE WEEKLY PROGRAM –MAY 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 Outside 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 CONFERENCE HALL	SOUND HEALING W CONFERENCE HALL	
9:30 AM – 11:00 AM	10:00 AM – 12:00 PM	10:00 AM – 12:00 PM	10AM, 11AM,	11AM, 12PM, 1.30pm, 2.30pm	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	REIKI ONE ON ONE W 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 NEW TIME WANSLEA ROOM	CREATIVE ART THERAPY GROUP SESSION W CONFERENCE HALL	KINESIOLOGY W APPOINTMENT ONLY	
11AM, 12.45PM,1.45PM	9AM, 10AM, 11AM	10AM, 11AM, 12PM	1PM, 2PM, 3PM		
HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W APPOINTMENT ONLY	HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W APPOINTMENT ONLY	RELAXATION FACIAL W APPOINTMENT ONLY	REFLEXOLOGY W APPOINTMENT ONLY		
	11am,12pm, 1pm RELAXATION MASSAGE Fortnightly APPOINTMENT ONLY				
	11.30AM- 1.30PM				
	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! 14th& 28th May		YOGA FOR ALL 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



SOLARIS CANCER CARE COTTESLOE

MAY 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

Solaris Cancer Care
80 Railway Street, Cottesloe

Op Shop

Mon – Fri 9.30am-4pm

Volunteers and Donations welcome

The banner features the Solaris Cancer Care logo at the top left, the address "80 Railway Street, Cottesloe" below it, and the large text "Op Shop" in the center. Below the text is a photograph of the shop's interior, showing clothing racks and people. At the bottom, a blue wave graphic contains the text "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.