

COTTESLOE WEEKLY PROGRAM – FEBRUARY 2019

W: Weekly F: Fortnightly M: Monthly

WEEKLY ACTIVITIES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM – 8:00 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 (Summer time) 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 NEW! EXTRA CLASS	QIGONG W CONFERENCE HALL	YOGA THERAPY W APPOINTMENT ONLY	MEDITATION W CONFERENCE HALL	SOUND HEALING W WANSLEA ROOM	
9:30 AM – 11:00 AM	10:00 AM – 12:00 PM	10:00 AM – 12:00 PM	10:00 AM & 11:00AM	10:00 AM and 12:00 PM	12:00 PM – 1:30 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	GRIEF GROUP (support group) W MEETING ROOM 3	REIKI CLINIC LAST SATURDAY OF THE MONTH CONFERENCE HALL
9.30AM, 10.30AM, 11.30AM	10:00AM- 11:30 AM		12.30pm – 2.30pm	10AM, 11AM, 12PM	
SCAR WORK THERAPY Starts 18/2 F APPOINTMENT ONLY	SING FOR JOY CHOIR W WANSLEA ROOM		CREATIVE ART THERAPY GROUP SESSION W	REIKI ONE ON ONE W APPOINTMENT ONLY	
11AM, 12.45PM, 1.45PM	10AM and 11.30AM		10AM, 11AM, 12PM	12.30PM, 1.45PM, 3PM	
HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W APPOINTMENT ONLY	SAND AND CLAY ART THERAPY ONE ON ONE W APPOINTMENT ONLY		REFLEXOLOGY F APPOINTMENT ONLY	KINESIOLOGY W APPOINTMENT ONLY	
	9AM, 10AM, 11AM HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W APPOINTMENT ONLY		1PM, 2PM, 3PM REFLEXOLOGY W APPOINTMENT ONLY		
	11.30AM- 1.30PM				
	REIKI CLINIC W CONFERENCE HALL				
	12.30PM, 1.45PM, 3PM KINESIOLOGY W APPOINTMENT ONLY				
	1PM AND 2.30PM				
	HYPNOTHERAPY W APPOINTMENT ONLY				
6:00 PM - 7:00 PM			6:00PM – 7:00PM		
YIN YOGA W CONFERENCE HALL			YOGA FOR ALL W CONFERENCE HALL		


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

Check the Program or 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
- Home & hospital visits
- Telephone counselling
- Sessions for all weekly activities
- Wellness Workshop
- 5 week extended course
- 10 week extended course



80 Railway Street, Cottesloe

Op Shop

Mon – Fri 9.30am-4pm



Volunteers and Donations welcome

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



SOLARIS CANCER CARE COTTESLOE

FEBRUARY 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