

# SIR CHARLES GAIRDNER HOSPITAL WEEKLY PROGRAM – FEBRUARY 2019

*To maximise patient benefit, individual therapies are limited to 1 per week excluding group and counselling appointments*

W: Weekly      F: Fortnightly      M: Monthly														
MORNING (AM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9:30	10:30	11:30	9:30	10:30	11:30	9:30	10:30	11:30		10:30	11:30	9:30	10:30	11:30
HEALING TOUCH Ainslie Alison      F			REFLEXOLOGY Margot Wigston      W			RELAXATION MASSAGE Tim Fisher      F			RELAXATION MASSAGE Irene Brannigan      W			ACUPUNCTURE Khiuk Pui      F RELAXATION MASSAGE Jaine Konarik      F		
PRANIC HEALING Trish Williams      W Colleen Coccaro      W			REIKI Ula Panotidis      F			HEALING TOUCH Rosalie Van Aken      M			REIKI Juanita Wilcox      W Theresa Goulson      M John McQuade      F			REIKI Tia Daley      F Bob Stimpson      W		
HEALING TOUCH Jane Meiklem      F			REIKI Junko Cockerill      F			ACUPUNCTURE Gordon Hudson      F			COUNSELLING Li-Anne Yellachich      W					
			REFLEXOLOGY Sharmila Thakrar      F			REFLEXOLOGY Cordi Blood      F Irene Brannigan      W			HEALING TOUCH Brigitte Nyenhuis      F					
			YOGA Sue Burgess      W			YOGA Sue Burgess      W								
			PHYSIOTHERAPY Max Sadka      W			REFLEXOLOGY Kris Spackman      W								
AFTERNOON (PM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00		1:00	2:00	3:00
RELAXATION MASSAGE Sally Hendriks      F Dharma McDonald      F			PRANIC HEALING Anne McKellar      F REIKI Delwyn Klevenow      F			HEALING TOUCH Christine McGillivray      F			RELAXATION MASSAGE Irene Brannigan      W			RELAXATION MASSAGE Rob Dare      W		
REIKI (Reflexology) Joyce Camenzuli      F			REFLEXOLOGY Margot Wigston      W Nampur Kelsang      F			CRANIOSACRAL Rikta Hawkins      W			REIKI Theresa Goulson      M Anthony Deleo      F			REIKI Anna Damski      F		
HEALING TOUCH Anita Kaskens      F			REFLEXOLOGY Bev Doggett      M Michelle Hilder      F			FELDENKRAIS Elwyn Edwards      F								
RELAXATION MASSAGE Sally Hendricks      F			HYPNOTHERAPY Maureen McGlynn      F			HEALING TOUCH Ainslie Allison      F								
			COUNSELLING Pauline Rowe      W											

*Please phone (08) 6383 3475 to make an appointment. All services are free of charge and provided through the generous contributions of our volunteers. The therapies listed in this program are subject to change.*

***Please note: Solaris Cancer Care services are limited to adult patients and their carers who are undergoing current cancer treatment and to those who are palliative. At the conclusion of treatment, a further six sessions only, are offered.***

### CARERS COURSE

**SATURDAY 9 MARCH 2019 - 9.45 am – 4.00 pm**

This course focuses on the challenges and demands of being a carer and provides you with information and strategies.

This course is free to anyone caring for someone with cancer or a serious illness.

Bookings essential: [www.solariscancercare.org.au](http://www.solariscancercare.org.au)  
[info@solariscancercare.org.au](mailto:info@solariscancercare.org.au) or phone 6383 3483 to secure your place.

### LOOK GOOD FEEL BETTER

**SATURDAY, 16 MARCH 2019 - 8.30 am – 12.30 pm**

Give yourself an image boost!

Look Good Feel Better is dedicated to teach you beauty techniques to help restore your appearance and self-image. **Registration is essential** – please pick up a Workshop Registration Form from our Meet & Greet.

Where: Solaris Cancer Care Sir Charles Gairdner Hospital

### SOLARIS CANCER CARE BUSINESS BREAKFAST

**Wednesday 3 April 2019 – 7.00 am-9.30 am**

The key note speaker will be Glen Jakovich and the theme is “Resilience”.

Book online [www.trybooking.com/YWDM](http://www.trybooking.com/YWDM)

\$90 per person or \$600 per table of 8 - Grand Ballroom, Hyatt Regency Hotel, 99 Adelaide Tce. Perth

Solaris Cancer Care is Australia’s leader in integrative cancer care, providing a helping hand to guide people towards better health. Our Support Centres provide access to quality resources and services to assist with the emotional and physical effects of cancer diagnosis, treatment, recovery and palliative care.

*Solaris Cancer Care is a not for profit organisation and all services are provided free of charge.*



## SOLARIS CANCER CARE SIR CHARLES GAIRDNER HOSPITAL

### FEBRUARY 2019 PROGRAM

*Offering free support and information services  
to all adult cancer patients and their primary carers*

*Complementary Integrated Therapies  
Support & Counselling  
Information & Education Services  
On-site Library & Resources  
Drop-in Centre  
Relaxation Lounge Area*

**For bookings or information please contact us on**

**P: 08 6383 3475**

**E: [info@solariscancercare.org.au](mailto:info@solariscancercare.org.au)**

or visit

**DD Block Ground Floor (entry off Watling Walk)  
Sir Charles Gairdner Hospital  
Hospital Avenue  
NEDLANDS WA 6009**

**MONDAY – FRIDAY**

**8.30 a.m. – 4.30 p.m.**

[WWW.SOLARISCANCERCARE.ORG.AU](http://WWW.SOLARISCANCERCARE.ORG.AU)

[WWW.REDSKYRIDE.ORG.AU](http://WWW.REDSKYRIDE.ORG.AU)