

GREAT SOUTHERN WEEKLY PROGRAM – March 2020

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

W: Weekly F: Fortnightly M: Monthly

MORNING (AM) APPOINTMENTS											
TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
10:30am	11:45am		10:00am	11:00am		10:30am	11:45am		10:00am	10:45am	12.00pm
REIKI VICKI W			CRANIOSACRAL SAMANTHA W			RELAXATION MASSAGE / REFLEXOLOGY JIM.B W			HAND & FOOT MASSAGE EMMA A W		
FLEXIBLE APPOINTMENTS AVAILABLE am/pm			9:30am	11:00am		9:00am	10:00am	11:00am	10:30am		
HAND & FOOT MASSAGE SUSAN M W			HEALING TOUCH GILLIAN R F			ACUPUNCTURE ROSEMARIE. L.W. F			ART THERAPY SESSIONS (Group Session) LUCY W		
9am	10am	11am	12:30pm	1:30pm	2:30pm	10:30am		11:30am		11:00am	
RELAXATION MASSAGE 10.03.2020 YULI L M			MASSAGE 04.03.2020 ROSLYN M			HEALING TOUCH GILLIAN P W					
AFTERNOON (PM) APPOINTMENTS											
TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1:00pm		2:00pm	12:30pm	1:45pm		1:00pm		2:30pm			
RELAXATION MASSAGE/REFLEXOLOGY JIM.B W			HAND AND FOOT MASSAGE SUSAN M W			REFLEXOLOGY MARILYN B W					
12:30PM											
MEDITATION (Group Session) GILLIAN R W											

Please phone (08) 9892 2600 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.

THE CHEMO CLUB @ BODYCARE HEALTH CLUB

Join our free exercise program for patients currently receiving treatment. Exercise has been shown to reduce the side effects from cancer treatment, improve energy levels, aid immune function and may improve outcomes in some types of cancer.

For more information, contact BodyCare Health Club (08) 9842 2762

MEETING THE CHALLENGE

Join us on **Friday 13th March** for our Meeting the Challenge course where we learn about the benefits of integrated medicine.

We will be discussing a range of topics including nutrition, managing stress, coping with diagnosis and treatment and positive lifestyle changes.

Register your interest with Saskia in Solaris Great Southern!

CARERS COURSE

Are you providing for someone with cancer or a serious illness? Join us for our Carer's Course on **Saturday 9th May**. This **free** course will cover a wide range of information and practical strategies to help improve the quality of life for both in the caring relationship.

Saturday, 9th May 9:45am – 4:00pm

Solaris Cancer Care Great Southern

RSVP to Saskia at csmgs@solariscancercare.org.au or 08 9892 2600

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 SUPPORT CENTRE GREAT SOUTHERN March PROGRAM 2020

***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 9892 2600

E: csmgs@solariscancercare.org.au

or visit

**AMBULATORY ZONE 4
ALBANY HEALTH CAMPUS
WARDEN AVENUE
ALBANY WA 6330**

TUESDAY –FRIDAY 9:00am – 4:30pm

WWW.SOLARISCANCERCARE.ORG.AU

WWW.REDSKYRIDE.ORG.AU