

## GREAT SOUTHERN WEEKLY PROGRAM – September 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													
TUESDAY					WEDNESDAY			THURSDAY			FRIDAY		
10:00am		11:30am			9:30am		10:30am	10:00am		11:30am	9:30am	10:45am	12.00pm
REIKI VICKI W					CRANIOSACRAL SAMANTHA W			MASSAGE / REFLEXOLOGY JIM.B W			HAND & FOOT MASSAGE DEBBY W		
9:30am					11:15			9:00am	10:00am	11:00am	10:30am		
MINDFUL MEDITATION (Group Session) GILLIAN R F					RELAXATION MASSAGE/REFLEXOLOGY ROSLYN.D M			ACUPUNCTURE ROSEMARIE. L.W. <b>F – retuning 26.09</b>			ART THERAPY SESSIONS (Group Session) LUCY W		
9am	10am	12pm	1:30pm	2:30pm	9:30am		11:00am	11:00am			9:00am	10:00am	
RELAXATION MASSAGE YULI M – 03.09					HEALING TOUCH GILLIAN R F			HEALING TOUCH GILLIAN P W			BOWEN CHRISTINE.I F		
AFTERNOON (PM) APPOINTMENTS													
TUESDAY					WEDNESDAY			THURSDAY			FRIDAY		
1:00pm		2:00pm			12:30pm		1:45pm	1:30pm		2:45pm	1:15pm		
RELAXATION MASSAGE/REFLEXOLOGY JIM.B W					HAND AND FOOT MASSAGE SUSAN M W			REFLEXOLOGY MARILYN.B W			HAND & FOOT MASSAGE DEBBY W		
FLEXIBLE APPOINTMENTS AVAILABLE am/pm								1:30pm					
HAND & FOOT MASSAGE DEBBY W								REIKI Jan G M					

*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

### SOLARIS CANCER CARE CARER'S COURSE

Are you providing care for someone with a serious illness? Join us for a **free** Carer's Course, **Saturday 26<sup>th</sup> October**.

### SPRING RAFFLE

Enjoy the sunshine as the weather warms up!

\$3 per ticket or 2 for \$5

### FRIENDS ARE BY YOUR SIDE

Black Cat hair Designs have recently joined 'Friends Are By Your Side' the ladies of Great Southern throughout their journey. They will fit, cut and style the wig for you for free until you have completed chemotherapy and your hair starts to grow back. For more information contact Black Cat Designs Ph.: 9842 8444

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 SEPTEMBER PROGRAM 2019**

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

or visit

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

**TUESDAY –FRIDAY 9:00 – 4:30**

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

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