

## ST JOHN OF GOD WEEKLY PROGRAM – MARCH 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		
10:00	11:00	12:00	9:30	10:30	11:30	9:30	10:30	11:30	10:30	11:30		9:30	10:30	11:30
RELAXATION MASSAGE CLARE CARNEY F			REIKI MARGARET PAPAELIAS W			<del>REIKI - W</del> CHARMAINE McDONALD			CREATIVE VISUALISATION HELEN MARTINO-BAILEY W			RELAXATION MASSAGE ADAM HURRELBRINK W		
	10:30		9:30	10:30	11:30	9:30	10:30	11:30	9:30	10:30	11:30	9:30	10:30	11:30
HAND/FOOT MASSAGE LORRAINE CREW W BARBARA HORNE F			RELAXATION MASSAGE ANDREA PURSEY F			REFLEXOLOGY TARA KAY M			REIKI SONYA KHEMLANI F			RELAXATION MASSAGE PASQUALE MEZZATESTA F		
9:30	10:30	11:30	9:30	10:30	11:30	11:15			10:00	11:00	12:00	9:30	10:30	11:30
REIKI JUNKO COCKERILL F			REFLEXOLOGY Gabriela Serendeco M			YOGA - GROUP CAROLINE HAYERS W			INDIAN HEAD MASSAGE JO McMILLAN M			HAND/FOOT MASSAGE KATE BLACK W		
9:30	10:30	11:30	10:00	11:00		9:00	10:00	11:00	9:30	10:30		9:30	10:30	
REFLEXOLOGY SARAH COLE M			RELAXATION MASSAGE SHAWN ZHANG F			REFLEXOLOGY KELLY LOUHEAN M			REFLEXOLOGY/REIKI SUE BENSON W			FACIAL REFLEXOLOGY CATHERINE BARR M		
9:30	10:30	11:30	10:00	11:00	12:30	10:00			10:30	11:30				
RELAXATION FACIAL DANIELA MERCERON W			REIKI MIKE CHOO F			MINDFULNESS MEDITATION - GROUP GRACE GORDON W			REIKI MARIA OLYNK F					
9:30	10:30	11:30	9:30	10:30	11:30									
REFLEXOLOGY MIKE DESKER M			REIKI MICHELLE McINTYRE M											
11th	10:00		10:30	11:30										
Monthly Morning Tea Relax, have a cuppa and a chat with us all			RELAXATION MASSAGE JUNKO COCKERILL F											
AFTERNOON (PM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1:45	2:30		1:00			12:30	1:30	2:30	12:00	1:00	2:00	1:00	2:00	3:00
PRANIC HEALING COLLEEN COCCARO W			PILATES - GROUP LISA PETERSON W			HAND/FOOT MASSAGE LILY LAVERY F WARDS ONLY			REIKI LUCY TESORO M			REIKI AARON KOSENBERG W		
1:00	2:00	3:00	1:30	2:30		1:00	2:00	3:00	12:45	1:45	2:45	1:00	2:00	3:00
RELAXATION MASSAGE TAFE STUDENTS			HEALING TOUCH JANE MEIKLEM F			COUNSELLING DAWN ANNAND W			KINESIOLOGY LESLEY LIDDELOW F			REIKI LIZ GIBBONS F		
1:00	until	4:00				12:45	1:45	2:45	12:30	1:30				
SEATED STAFF MASSAGES 30 mins each TAFE STUDENTS						ACUPUNCTURE ERIN HUANG F			BOWEN THERAPY SHEILA McFERRAN F					
						1:00			12:30	1:45	3:00			
						RELAXATION MASSAGE HANA WEI W			KINESIOLOGY WARREN TIMMS F					

Please phone (08) 9388 9788 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. If you have a group session (Yoga, Meditation, Pilates), Counselling, Trichology or a Hand Massage, you are welcome to have another treatment in that week. At the conclusion of active treatment, a further six sessions only, are offered**

## CARER'S COURSE

**SATURDAY, 9 MARCH 2019**

Register your interest for this informal workshop which will give you information and practical skills to help you give the best care possible.

Where: Solaris Cancer Care centre

**Sir Charles Gairdner Hospital, DD Block**

Time: 9.45 am – 4.00 pm

Free but donations are gratefully accepted.

Please register your interest with our Meet & Greets.



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.*

FOLLOW US ON



**SOLARIS CANCER CARE CANCER SUPPORT CENTRE  
ST JOHN OF GOD HOSPITAL SUBIACO**

**MARCH PROGRAM 2019**

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

**currently receiving treatment at  
SJOG Subiaco Hospital only.**

*Complementary Integrated Therapies, Support & Counselling  
Information & Education Services*



**Please help us Survive & Thrive**  
[www.solaristhrive.com.au](http://www.solaristhrive.com.au)

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

**P: 08 9388 9788**

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

**MONDAY – FRIDAY**

**9:00AM – 4:30PM**

**Closed Public Holidays**