

## SIR CHARLES GAIRDNER HOSPITAL WEEKLY PROGRAM – JANUARY 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		
10:30	11:30	12:30	10:30	11:30	12:30	10:30	11:30	12:30	10:30	11:30	12:30	10:30	11:30	12:30
Reflexology Joyce Camenzuli			Reiki Tia Daley			Reiki Delwyn Klevenow			Relaxation Massage Irene Brannigan			Relaxation Massage Rob Dare		
Healing Touch Ainslie Allison			Healing Touch Anita Kaskens Jane Meiklem			Healing Touch Rosalie Van Aken			Feldenkrais Elwyn Edwards			Reiki Bob Stimpsom		
Reiki Delwyn Klevenow			Pranic Healing Anne McKellar			Physiotherapy Max Sadka			Reiki Juanita Wilcox			Healing Touch Brigitte Nyenhuis		
Reiki Joyce Camenzuli									Acupuncture Gordon Hudson			Acupuncture Khiuk Pui		
						9.30			10:30 11:30 12:30			9:30		
									Reiki Delwyn Klevenow			Yoga Sue Burgess		

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: SolarisCare 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.**



### Tips for Coping over the Holiday Period

Tell your loved ones how you are feeling rather than pretending to be strong.  
Give yourself permission to get through this period the best way you can.  
Plan ahead and know who you will contact if you have a problem.  
Be flexible and don't stress if things aren't 'perfect'!

## THANK YOU

To everyone who has supported Solaris Cancer Care in  
the Christmas Raffle and in a hundred other ways during 2018!

We wish you much happiness in 2019

### **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

SolarisCare 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.

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



## **SOLARIS CANCER CARE SIR CHARLES GAIRDNER HOSPITAL**

***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@solariscancerscare.org.au](mailto:info@solariscancerscare.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)