

## ST JOHN OF GOD WEEKLY PROGRAM – DECEMBER 2018

*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	10:00	11:00	12:00	9:00	10:00	11:00	9:30	10:30	11:30
RELAXATION MASSAGE JANA CUHNA F			REIKI MARGARET PAPAELIAS W			RELAXATION MASSAGE CLARE CARNEY F			COUNSELLING ELIZABETH GRESHAM 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 W			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					10:30	11:30		9:30	10:30	
REFLEXOLOGY SARAH COLE M			RELAXATION MASSAGE SHAWN ZHANG F						CREATIVE VISUALISATION HELEN MARTINO-BAILEY W			FACIAL REFLEXOLOGY CATHERINE BARR M		
9:30	10:30	11:30	10:00	11:00	12:30	10:00			9:30	10:30	11:30	10:30	11:30	
RELAXATION FACIAL DANIELA MERCERON W			REIKI MIKE CHOO F			MINDFULNESS MEDITATION - GROUP GRACE GORDON W			REFLEXOLOGY SARAH COLE M			PRANIC HEALING LYNNE WARNER F		
9:30	10:30	11:30										9:30	10:30	11:30
REFLEXOLOGY MIKE DESKER M												REIKI W CHARMAINE McDONALD		
10th	10:00													
Monthly Morning Tea Relax, have a cuppa and a chat with us all														
AFTERNOON (PM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1:45	2:30		1:00	2:00	3:00	12:30	1:30	2:30	12:00	1:00	2:00	1:00	2:00	3:00
PRANIC HEALING COLLEEN COCCARO W			REFLEXOLOGY KELLY LOUTHEAN F			HAND/FOOT MASSAGE LILY LAVERY F			REIKI LUCY TESORO M			REIKI AARON KOSENBERG W		
			1:30	2:30		1:00	2:00	3:00	1:00	2:00	3:00	1:00	2:00	3:00
			HEALING TOUCH JANE MEIKLEM F			COUNSELLING DAWN ANNAND W			KINESIOLOGY LESLEY LIDDELOW F			REIKI LIZ GIBBONS F		
						2:00			12:30	1:30		1:00	2:00	3:00
						RELAXATION MASSAGE HANA WEI			BOWEN THERAPY SHEILA McFERRAN F			HEALING TOUCH Christine McGillivray F		
						12:45	1:45	2:45	1:00					
						ACUPUNCTURE ERIN HUANG F			PILATES - GROUP LISA PETERSON W					

*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***

## Christmas Closure Dates 2018

- Please note Solaris Cancer Care will close on Friday 21st December 2018 at 1.00pm  
Re-opening on Monday 7th January 2019, 10.00am – 2.00pm



We wish you a Merry Christmas and have a safe and happy New Year



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

### DECEMBER PROGRAM 2018

*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**