

# ST JOHN OF GOD 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														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
10:00	11:00	12:00	9:30	10:30	11:30	9:00	10:00	11:00	10:30	11:30		9:30	10:30	11:30
RELAXATION MASSAGE CLARE CARNEY F			REIKI MARGARET PAPAELIAS W			REFLEXOLOGY SABINE DEMARTE M			CREATIVE VISUALISATION HELEN MARTINO-BAILEY W			RELAXATION MASSAGE ADAM HURRELBRINK W		
9:30			9:30	10:30	11:30	9:30	10:30	11:30	9:30	10:30	11:30	9:30	10:30	11:30
RELAXATION FACIAL DANIELA MERCERON M			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	10	11	1
REIKI JUNKO COCKERILL F			REFLEXOLOGY Gabriela Serendeco M			RESTORATIVE YOGA - GROUP CAROLINE HAYERS M			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	11:30	12:40	1:50	9:30	10:30	
REFLEXOLOGY SARAH COLE M			RELAXATION MASSAGE SHAWN ZHANG F			REFLEXOLOGY KELLY LOUTHEAN M			COUNSELLING JENNY WALKER W			FACIAL REFLEXOLOGY CATHERINE BARR M		
10:00	11:30		10:00	11:00	12:30	10:00			10:30	11:30		9:30		
HYPNOTHERAPY MALWINA F			REIKI MIKE CHOO F			MINDFULNESS MEDITATION - GROUP GRACE GORDON W			REIKI MARIA OLYNK F			YOGA - GROUP CAROLINE HAYERS W		
9:30			10:30	11:30		9:30	10:30	11:30				10:00	11:00	
PILATES - GROUP LISA PETERSON F			RELAXATION MASSAGE JUNKO COCKERILL F			COUSELLING STINE POERKSEN W						RELAXATION MASSAGE HANA WEI F		
9:30	10:30	11:30				9:30	10:30							
BOWEN MIA ABRAHAMS W						REIKI EESHA PATEL M								
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 TRISH WILLIAMS F			PILATES - GROUP LISA PETERSON F			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 W			HEALING TOUCH JANE MEIKLEM F			COUNSELLING DAWN ANNAND W			KINESIOLOGY LESLEY LIDDELOW M			REIKI STACEY KELLY F		
1pm -4pm 30 min sessions						12:45	1:45	2:45	1:00	2:00	3:00	3:00		
SEATED MASSAGE TAFE STUDENT W						ACUPUNCTURE ERIN HUANG F			REIKI KAREN LINDSAY-SMITH W			REIKI JESSICA MITCHARD W		
						1:00	2:00	3:00						
						REIKI KAREN LINDSAY-SMITH 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***

## Hypnotherapy

Hypnosis is a state of natural deep relaxation and concentration. It helps you to use the power of your mind and your creative imagination to find new ways of dealing with problems and to alter unwanted patterns of behaviour.

The hypnotic state enables you to access the ability of the subconscious mind to resolve deeply rooted issues such as managing pain, anxiety and stress and can enhance your performance.

Hypnotherapy is available on Monday mornings.

Call 9388 9788 to book your appointment.



**SOLARIS CANCER CARE |  
VISSCHER ROE**

### GOLF CLASSIC

FRIDAY 15 NOVEMBER 2019  
GOSNELLS GOLF CLUB  
REGISTER BEFORE 8 NOVEMBER 2019  
[www.trybooking.com/BBZXB](http://www.trybooking.com/BBZXB)



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

### SEPTEMBER 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**