

## GREAT SOUTHERN WEEKLY PROGRAM – APRIL 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                                   |       |
| 9:30 – 2:00 (5 appts)                        |       | 9:30  | 10:30 |  | 10:00   | 1130  | 10:30                                    | 11:30 |
| MASSAGE<br>Yuli<br>Monthly                   |       | CRANIOSACRAL<br>SAMANTHA.W                      |       |  | MASSAGE / REFLEXOLOGY<br>JIM.B<br>weekly      |       | HAND & FOOT MASSAGE<br>Debby D<br>weekly |       |
| 10:00  | 11:30 | 11:15   |       |  | 9:00  | 10:00 |  |       |
| REIKI<br>VICKI<br>weekly                     |       | RELAXATION MASSAGE/REFLEXOLOGY<br>ROSLYN.D<br>M |       |  | ACUPUNCTURE<br>ROSEMARIE. L.W.<br>fortnightly |       |  |       |
| 12:30  |       | 9:30  | 10:30 |  | 10:30   | 11:30 |  |       |
| MINDFUL MEDITATION<br>Gill R<br>Fortnightly  |       | BOWEN<br>CHRISTINE.I<br>Fortnightly             |       |  | HAND AND FOOT MASSAGE<br>DEBBY.D<br>W         |       |  |       |
| AFTERNOON (PM) APPOINTMENTS                  |       |   |       |  |   |       |  |       |
| TUESDAY                                      |       | WEDNESDAY                                       |       |  | THURSDAY                                      |       | FRIDAY                                   |       |
| <b>12:30</b>                                 |       | 12:30   | 1:45  |  | 1:30  |       |  |       |
| MEDITATION SESSIONS<br>GILLIAN. R<br>W       |       | RELAXATION MASSAGE<br>GAYNOR.C                  |       |  | REIKI<br>Jan G<br>M                           |       |  |       |
| <b>1:00</b>                                  |       |   |       |  | 1:30  | 2:45  |  |       |
| RELAXATION MASSAGE/REFLEXOLOGY<br>JIM.B<br>W |       |   |       |  | REFLEXOLOGY<br>MARILYN.B<br>W                 |       |  |       |
| <b>1.00</b>                                  |       |   | 1:15  |  | 1:30  |       |  |       |
| RELAXATION MASSAGE<br>YULI.L<br>M            |       |   |       |  | HEALING TOUCH<br>Gill Pappas<br>weekly        |       |  |       |
|  |       |   |       |  |   |       |  |       |

*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 this free one-day workshop to help you in your caring role.

Saturday, 25 May 2019 from 9:45am – 4:00pm

Bookings required: Limited places available Contact us to book your place  
9892 2600

### "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 APRIL 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)