

COTTESLOE WEEKLY PROGRAM –JANUARY 2019

W: Weekly

F: Fortnightly

M: Monthly

WEEKLY ACTIVITIES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM – 8:30 AM	9am, 10am, 11am			8.30 AM – 9.30 AM	
WALKING GROUP W (Meet outside reception)	HAND & FOOT MASSAGE or INDIAN HEAD MASSAGE W MEETING ROOM 1 APPOINTMENT ONLY			PILATES MAT WORK W CONFERENCE HALL Special class in January cost \$10	
9:30 AM – 11:00 AM	10:00 AM – 12:00 PM	10:00 AM – 12:00 PM			12:00 PM – 1:30 PM
MEDITATION MADE EASY W CONFERENCE HALL	TUESDAY FORUM (Support Group) W MEETING ROOM 3	WOMEN'S CIRCLE (Support Group) W MEETING ROOM 3		GRIEF GROUP (Support Group) W MEETING ROOM 3	REIKI CLINIC M CONFERENCE HALL LAST SATURDAY OF MONTH
10am, am and 12 PM	11:30 AM – 1:30 PM				
HAND & FOOT MASSAGE or INDIAN HEAD MASSAGE W MEETING ROOM 1 APPOINTMENT ONLY	REIKI CLINIC W CONFERENCE HALL				
	1:00 PM and 2:30 PM	1:00 PM and 2:30 PM			
	HYPNOTHERAPY W APPOINTMENT ONLY	HYPNOTHERAPY W APPOINTMENT ONLY			

Please phone (08) 9384 3544 to book appointments or register for a course.

UPCOMING COURSES AND EVENTS

- **Oral Hygiene for Head and Neck Cancer Patients: Thursday 10.30am-11.30am 10 January at Solaris Cancer Care St John of God Hospital Subiaco, 12 Salvado Road, Subiaco**
- **Live well: Create Your Cancer Wellness Lifestyle: Wednesday 1pm-3.30pm 6 February(10 weeks)**
- **Meeting the Challenge Seminar: Tuesday 1pm-4pm 12 February**
- **Guest Speaker: Ajahn Brahm: Tuesday 4pm-6pm 19 February**
- **Bereavement: Living with Loss: Wednesday 10.30am-12.30pm 20 February (5 weeks)**
- **Yoga for Sleep Workshop: Thursday 1pm-3pm 21 February**
- **Wellbeing Matters: Laughter as Therapy: Friday 1pm-3pm 22 February (5 weeks)**
- **ACT: Acceptance and Commitment Therapy Workshop: Wednesday 1pm-3pm 27 February**

Solaris Cancer Care Cottesloe Centre and Op Shop re-opens to the public:

*** 8.30am Monday 7th January 2019**

(Counselling; Meditation – Mondays 9.30-11am; Reiki Tuesdays 11.30-1.30pm, Support Groups Tuesdays and Wednesdays, Fridays 10am-12pm only, Hypnotherapy Tues/Wed)

Back to full time operation: 8.30 am – 4.30 pm Monday 4 February 2019

The Wellness Club Membership Package (\$395/year) is designed for those people who plan to be actively engaged in our program. This is the best value possible and allows you to make all our activities an easy part of your lifestyle. Benefits included are:

On joining you will receive the below, FREE OF CHARGE:

- A place at the Meeting the Challenge Seminar
- One on one counselling sessions
- Cancer Wellness Coaching
- Home & hospital visits
- Telephone Counselling
- Support Groups
- Sessions for all weekly activities
- Wellness Workshop
- 5 week extended course
- 10 week extended course

The Standard Membership Package (\$80/year) is designed for people who want to attend some, but not all activities, and who wish to support the organisation. Benefits included are:

On joining you will receive the below, FREE OF CHARGE:

- A place at the Meeting the Challenge Seminar
- Library card
- Support groups
- Reiki
- Sing for Joy Choir

In addition, reduced costs on activities and courses:

- \$10 One on one counselling sessions
- \$10 per session for selected weekly activities
- \$15 - workshops
- \$150 - 5 week extended course

Solaris Cancer Care is a not for profit organisation which relies on the generosity and support of the community.



**SOLARIS CANCER CARE
COTTESLOE**

JANUARY PROGRAM 2019

Offering care, support, and information services

*Complementary Integrated Therapies
Support & Counselling
Information & Education Services
On-site Library & Resources
Drop-in Centre
Relaxation Lounge Area
Health & Wellness Activities*

For bookings or information please contact us on

P: 08 9384 3544

E: csmcottesloe@solariscancercare.org.au

or visit

**CANCER WELLNESS CENTRE
80 RAILWAY STREET
COTTESLOE WA 6011**

**MONDAY – FRIDAY
8:30 AM – 4:30 PM
CLOSING 4:00 PM FRIDAYS**

WWW.SOLARISCARE.ORG.AU

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