

GREAT SOUTHERN WEEKLY PROGRAM – SEPTEMBER 2021

To maximise patient benefit, individual therapies are limited to 1 per week excluding group appointments.

W: Weekly F: Fortnightly M: Monthly

MORNING APPOINTMENTS										
MONDAY	TUESDAY			WEDNESDAY			THURSDAY			FRIDAY
	10.00am	11.15am		9.30am	10.30am		10.00am	11.00am	1.00pm	
	RELAXATION MASSAGE/REFLEXOLOGY ROSLYN M			CRANIO SACRAL THERAPY SAMANTHA F			HAND & FOOT MASSAGE DEBBY W			
	9.30am	10.30am	11.30am				11.15am			
	RELAXATION/ONCOLOGY MASSAGE YULI M						HEALING TOUCH/REIKI GILLIAN F			
	10.00am	11.00am								
	HAND & FOOT MASSAGE DEBBY W									
	10.00am	11.15am								
	HEALING TOUCH/REIKI MARGARET F									
AFTERNOON APPOINTMENTS										
MONDAY	TUESDAY			WEDNESDAY			THURSDAY			FRIDAY
	1.00pm						1.00pm			
	HAND & FOOT MASSAGE DEBBY W						HAND & FOOT MASSAGE SUSAN F			
							1.00pm			
							HEALING TOUCH/REIKI GILLIAN F			

Please phone 0477 012 419 to make an appointment. The therapies listed in this program are subject to change.

All services are free of charge and provided through the generous contributions of our volunteers.

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

UPCOMING SOLARIS CANCER CARE EVENTS

FATHER'S DAY RAFFLE

\$15,000 - 1st PRIZE
\$3.00 per ticket

Drawn: 17 September 2021

CARER'S COURSE

Are you providing for someone with cancer or a serious illness? Join us for our Carer's Course on Sat 6 November. This free course will cover a wide range of information and practical strategies to help improve the quality of life for both in the caring relationship.

Saturday, 6 November – 9.45am to 4.00pm

Solaris Cancer Care Great Southern

RSVP to csmsg@solariscancercare.org.au or 0477 012 419

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

SEPTEMBER PROGRAM 2021

*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: 0477 012 419

E: csmsg@solariscancercare.org.au

**91-93 EARL STREET
ALBANY WA 6330**

TUESDAYS - THURSDAYS 9.00am – 4.00pm

www.solariscancercare.org.au

www.redskyride.org.au