

# South West Monthly Program

## – April 2024

W: Weekly

F: Fortnightly

M: Monthly

■ Group Session

■ Individual Appointments

■ Workshop/Course

MORNING (AM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
8.30			9.30			9.30   10.30   11.30			9.30   10.30   11.30			9.30   10.30   11.30		
CanSirs Men's Walking Group (W) – faster paced with Garry/Sandy			Meditation Group (W) with Ed & Paul			Bowen (W) with Hayden 3 <sup>rd</sup> and 10 <sup>th</sup>			Reiki (F) with Lina 11 <sup>th</sup>			Bowen (W) with Hayden 5 <sup>th</sup> and 12 <sup>th</sup>		
9.30			8.30			9.30   10.30   11.30			9.30   10.30   11.30			9.30   10.30		
CrewSirs Men's Walking Group (W) – slower paced with John			Women's Wellness Walking Group (W) – faster paced with Lorraine			Relaxation Massage (W) with Robyne			Indian Head Massage (F) with Robyn 11 <sup>th</sup>			Bowen (M) with Cathy 15 <sup>th</sup>		
9.30			9.30			10.00 – 12.30pm			9.30   10.30   11.30			10.30am – 12.00pm		
Craft Group (F) with Betty 15 <sup>th</sup> and 29 <sup>th</sup>			Soul Mates Women's Walking Group (W) – slow paced with Susan			Living with Loss (3-week course) with Julie Verley 17 <sup>th</sup> and 24 <sup>th</sup> April, 1 <sup>st</sup> May			Energy Balance/Reiki (F) with Julie 11 <sup>th</sup>			Belly Dancing (6-week program) with Miranda 5 <sup>th</sup> and 12 <sup>th</sup>		
9.30   10.30   11.30			9.00   10.15   11.30											
Bowen (W) with Hayden 8 <sup>th</sup>			Counselling (W) with Judy											
9.30   10.30   11.30			9.30   10.30   11.30											
H&F Massage/Reiki (F) with Ashok 15 <sup>th</sup>			Massage/Reflexology (F) With Freda or Sarah 9 <sup>th</sup> and 23 <sup>rd</sup>											
			11.00											
			Tai Chi (W) with Les											

AFTERNOON (PM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1.30   2.30   3.30			2.00			1.30   2.30   3.30			1.30   2.30   3.30					
Reiki (W) with Denise 8 <sup>th</sup> , 15 <sup>th</sup> and 22 <sup>nd</sup>			Sound Meditation (F) with Karen 2 <sup>nd</sup> , 16 <sup>th</sup> and 30 <sup>th</sup>			Reiki (W) with Vera			Remedial Massage (F) with Rosemarie 4 <sup>th</sup> and 18 <sup>th</sup>					
1.30   2.30   3.30			1.30   2.30			1.30								
Reflexology (M) with Monique 15 <sup>th</sup>			Bowen (F) With Nanette 9 <sup>th</sup> and 23 <sup>rd</sup>			Harp Meditation (F) With Helen 10 <sup>th</sup> and 24 <sup>th</sup>								
1.00   2.00			1.00   2.00			1.30   2.30   3.30								
Kinesiology/Bowen (F) with Heather 8 <sup>th</sup> and 22 <sup>nd</sup>			H&F Massage (F) with Maree 9 <sup>th</sup> and 23 <sup>rd</sup>			Remedial Massage (F) with Astrid 24 <sup>th</sup>								
			1.30   2.30											
			Reiki/H&F Massage (F) with Ayleen 2 <sup>nd</sup> , 16 <sup>th</sup> and 30 <sup>th</sup>											
			1.30											
			Meditation Group (F) with Ayleen 9 <sup>th</sup> and 23 <sup>rd</sup>											

Please phone **9791 1559** 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.

### Solaris Secondhand Sensations

*Open weekly on Monday – Wednesday, 10am – 12pm.*

Drop in and have a browse at the range of quality preloved items available!

For any queries or if you'd like to get involved as a volunteer, please call 9791 1559 or email [csmsw@solariscancercare.org.au](mailto:csmsw@solariscancercare.org.au).

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Solaris Cancer Care is 95% community funded, and it is thanks to your support that we can continue providing free services to people affected by cancer. Please consider making a donation at the reception desk, online via our website [solariscancercare.org.au](http://solariscancercare.org.au), or scan the QR code. **Thank you for your support.**



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## Solaris Cancer Care South West

### APRIL PROGRAM 2024

**Offering free support and information services to all adult cancer patients and their primary carers**

Complementary Therapies  
Support & Counselling  
Information & Education Services  
Library & Resources  
Drop-in Centre  
Relaxation Lounge  
Garden

**For bookings or information please contact us on**

P: 9791 1559

E: [csmsw@solariscancercare.org.au](mailto:csmsw@solariscancercare.org.au)

Or visit

72 Brittain Road, Bunbury WA 6230

**Monday – Friday**  
9.00am – 4.30pm