

South West Monthly Program – May 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		
CanSir Men's Walking Group (W) – <i>faster pace</i> with Garry/Sandy			Meditation Group (W) with Ed & Paul			Relaxation Massage (W) with Robyne			Reiki (F) with Lina 9 th & 23 rd			H&F Massage/Reiki (F) with Zoe 3 rd 17 th & 31 st		
9.30			8.30											
CrewSirs Men's Walking Group (W) – <i>slower pace</i> with John			Women's Wellness Walking Group (W) – <i>faster pace</i> with Lorrise											
9.30			9.30											
Craft Group (F) with Betty 13 th & 27 th h			Soul Mates Women's Walking Group (W) – <i>slow pace</i> with Susan											
			9.00 10.15 11.30											
			Counselling (W) with Judy											
			9.30 10.30 11.30											
			Massage/Reflexology (F) With Freda 7 th & 21 st											
			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					
Massage (W) with Dorothy			Sound Meditation (F) with Karen 14 th and 28 th			Reiki (W) with Vera			Remedial Massage (F) with Rosemarie 2 nd & 30 th					
1.30 2.30 3.30			1.30 2.30			1.30								
Reflexology (M) with Monique 13 th			Bowen (F) With Nanette 7 th & 21 st			Harp Meditation (M) With Helen 15 th h								
1.00 2.00			1.00 2.00			1.30 2.30 3.30								
Kinesiology/Bowen (F) with Heather 5 th & 20 th			H&F Massage (F) with Maree 14 th & 28 th			H&F Massage/Reiki (F) with Ashok 1 st 15 th & 29 th								
			1.30 2.30			1.30 2.30 3.30								
			Reiki/H&F Massage (F) with Ayleen 14 th & 28 th			Remedial Massage (F) with Astrid 8 th & 22 nd								
			1.30											
			Meditation Group (F) with Ayleen 7 th & 21 st											

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 OP-SHOP

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.

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, or scan the QR code. **Thank you for your support.**



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Solaris Cancer Care South West

MAY 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

Or visit

72 Brittain Road, Bunbury WA 6230

Monday – Friday
9.00am – 4.30pm