

South West Monthly Program – November 2024

W: Weekly

F: Fortnightly

M: Monthly

■ Group Session

■ Individual Appointments

■ Workshop/Course

MORNING (AM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9.00			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 pace with Garry/Sandy			Meditation Group (W) with Ed & Paul			Relaxation Massage (W) with Robyne			Reiki (F) with Lina 7 th & 21 st			H&F Massage/Reiki (F) with Zoe 1 st 15 th & 29 th		
9.30			8.30			9.30 10.30 11.30			9.30 10.30 11.30			9.30 10.30 11.30		
CrewSirs Men's Walking Group (W) – slower pace with John			Soul Mates Women's Walking Group (W) – slower pace with Susan			Bowen (W) with Hayden			H&F/Reiki (F) with Rose 7 th & 21 st			Bowen (W) with Hayden		
9.30			9.30 10.30 11.30						10.30			10.30		
Craft Group (F) with Betty 14 th & 28 th			Massage/Reflexology (F) with Freda 5 th & 19 th						Sound Meditation (M) with Karen 21 st			Harp Meditation (M) with Helen 15 th		
9.30 10.30 11.30			9.00 10.15						From 9.30			9.30 10.30		
Bowen (W) with Hayden			Counselling (W) with Judith						Genesis Care H&F/IHM (W) With Robyn/Hayley			Sound Meditation (M) with Karen 8 th		
9.30 10.30 11.30									9.30 10.30 11.30			9.30 10.30		
Bowen (F) with Nancy									Reflexology (F) with Nina 14 th & 28 th			Bowen (M) with Cathy 22 nd		
									9.30 10.45			9.30		
									Energy Balance/Reiki (M) with Valarie 14 th			Caring For Your Hearing Workshop with Carol 22 nd		

AFTERNOON (PM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1.30 2.30 3.30			1.30			1.30 2.30 3.30			1.30 2.30 3.30			11.00 – 12.40		
Massage (F) with Dorothy 11 th & 25 th			Meditation Group (F) with Ayleen 5 th & 19 th			Reiki (W) with Vera			Indian Head Massage (F) with Robyn			Audiology Assessments with Carol 22 nd		
1.00 2.00			1.30 2.30			1.30 2.30 3.30			1.30 2.30					
Kinesiology/Bowen (F) with Heather 4 th & 18 th			Bowen (F) with Nanette 5 th & 19 th			H&F/Reiki (F) with Ashok 13 th & 27 th			H&F/Reiki (F) with Rose 7 th & 21 st					
1.30 2.30 3.30			1.00 2.00						1.30 2.30					
			H&F Massage (F) with Maree 12 th & 26 th						Massage (M) with Rosemarie 14 th					
			1.30 2.30											
			Reiki/H&F Massage (F) with Ayleen 12 th & 26 th											
			1.30 – 3.30											
			Living With Loss Workshop (5 weeks) With Hayley 12 th 19 th & 26 th											

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 Cancer
Care



SOLARIS OP-SHOP

Open weekly on Monday – Friday, 10am – 12pm.

OPEN 5 DAYS PER WEEK FROM OCTOBER!

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

For any queries or if you would 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

NOVEMBER 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