

South West Monthly Program – October 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		
CanSir 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 10 th & 24 th			H&F Massage/Reiki (F) with Zoe 4 th & 18 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 10 th & 24 th			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 8 th & 22 nd						Sound Meditation (M) with Karen 24 th			Harp Meditation (M) with Helen 18 th		
9.30 10.30 11.30			9.00 10.00						From 9.30			9.30 10.30		
Bowen (W) with Hayden			Massage /Reflexology (F) with Sarah 1 st 15 th & 29 th						Genesis Care H&F/IHM (W) With Robyn/Hayley			Sound Meditation (M) with Karen 11 th		
									9.30 10.30 11.30			9.30 10.30		
									Reflexology (F) with Nina 3 rd & 17 th			Bowen (M) with Cathy		
									9.30 10.45					
									Energy Balance/Reiki (M) with Valarie 17 th					
									10.30					
									Qi Gong (W) with Michelle					

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					
Massage (F) with Dorothy 14 th & 28 th			Meditation Group (F) with Ayleen 8 th & 22 nd			Reiki (W) with Vera			Indian Head Massage (F) with Robyn 17 th & 31 st					
1.00 2.00			1.30 2.30			1.30 2.30 3.30			1.30 2.30					
Kinesiology/Bowen (F) with Heather 14 th & 28 th			Bowen (F) with Nanette 8 th & 22 nd			Massage (F) with Astrid 9 th & 23 rd			H&F/Reiki with Rose 10 th & 24 th					
1.30 2.30 3.30			1.00 2.00			1.30 2.30 3.30								
Reiki (W) with Denise			H&F Massage (F) with Maree 1 st 15 th & 29 th			H&F Massage/Reiki (F) with Ashok 2 nd 16 th & 30 th								
1.00 2.00 3.00			1.30 2.30			1.30 2.30 3.30								
Reflexology (M) with Monique 14 th			Reiki/H&F Massage (F) with Ayleen 1 st 15 th & 29 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 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.**



Follow us on:



Solaris Cancer Care South West

OCTOBER 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