

South West Monthly Program – December 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 | | | Bowen (W) with Hayden | | | Reiki (F) with Lina 5 th & 19 th | | | H&F Massage/Reiki (F) with Zoe 13 th | | |
| 9.30 | | | 8.30 | | | | | | 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 | | | | | | H&F/Reiki (F) with Rose 5 th & 19 th | | | Bowen (W) with Hayden | | |
| 9.30 | | | 9.30 10.30 11.30 | | | | | | 10.30 | | | 10.30 | | |
| Craft Group (F) with Betty 9 th | | | Massage/Reflexology (F) with Freda 3 rd & 17 th | | | | | | Sound Meditation (M) with Karen 19 th | | | Harp Meditation (M) with Helen 13 th | | |
| 9.30 10.30 11.30 | | | 9.00 10.15 | | | | | | From 9.30 | | | | | |
| Bowen (W) with Hayden | | | Counselling (W) with Judith 3 rd 10 th & 17 th | | | | | | Genesis Care H&F/IHM (W) With Robyn/Hayley | | | | | |
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| 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 9 th | | | Meditation Group (F) with Ayleen 3 rd | | | Reiki (W) with Vera | | | Indian Head Massage (F) with Robyn 5 th & 19 th | | | | | |
| 2.00 3.15 | | | 1.30 2.30 | | | 1.30 2.30 3.30 | | | 1.30 2.30 | | | | | |
| Hypnotherapy with Marie 2 nd | | | Bowen (F) with Nanette 3 rd & 17 th | | | H&F/Reiki (F) with Ashok 11 th | | | H&F/Reiki (F) with Rose 5 th & 19 th | | | | | |
| 1.30 2.30 3.30 | | | 1.00 2.00 | | | | | | 1.30 2.30 | | | | | |
| | | | H&F Massage (F) with Maree 10 th | | | | | | Massage (M) with Rosemarie 12 th | | | | | |
| | | | 1.30 2.30 | | | | | | | | | | | |
| | | | Reiki/H&F Massage (F) with Ayleen 10 th | | | | | | | | | | | |
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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.**



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Solaris Cancer Care South West

DECEMBER 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