

South West Monthly Program – January 2025

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 10.00 10.30		
CanSirs Men's Walking Group (W) – faster pace with Garry/Sandy			Meditation Group (W)			Bowen (W) with Hayden			Reiki with Lina 2 nd			Bowen (W) with Hayden		
9.30			8.30			9.30 10.30 11.30			10.30			11.30 12.30		
CrewSirs Men's Walking Group (W) – slower pace with John			Soul Mates Women's Walking Group (W) – slower pace with Susan			Massage (W) with Robyne			Sound Meditation (M) with Karen 16 th			Vibro-Acoustic Therapeutic Music with Helen 10 th		
9.30 10.30 11.30			9.00 10.15						9.30 10.30 11.30					
Bowen (W) with Hayden			Counselling (W) with Judith 14 th 21 st & 28 th						Reiki with Denise 16 th					
11.00 12.00			11.00 12.00						9.30 10.30					
Vibro-Acoustic Therapeutic Music with Helen 6 th & 13 th			Vibro-Acoustic Therapeutic Music with Helen 7 th						Massage (M) with Rosemarie 9 th					
			9.30 10.30 11.30						9.30-12.30					
			Reiki (W) with Denise 7 th & 21 st						Genesis Indian Head Massage (M) with Robyn 9 th & 23 rd					
									9.30 10.30 11.30					
									H&F/Reiki (F) with Rose 2 nd 16 th & 30 th					

AFTERNOON (PM) APPOINTMENTS														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1.30 2.30 3.30			1.30 2.30			1.30 2.30 3.30			1.30 2.30 3.30					
Massage (F) with Dorothy 6 th & 20 th			Vibro-Acoustic Therapeutic Music with Helen 7 th			Reiki (W) with Vera			Indian Head Massage (F) with Robyn 16 th & 30 th					
1.30 2.30						1.30 2.30 3.30			1.30 2.30					
Vibro-Acoustic Therapeutic Music with Marie 6 th & 20 th						Vibro-Acoustic Therapeutic Music with Helen 7 th			H&F/Reiki (F) with Rose H&F/Reiki (F) with Rose 5 th & 19 th					
									1.30 2.30 3.30					
									Vibro-Acoustic Therapeutic Music with Helen 9 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 South West

JANUARY PROGRAM 2025

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

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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