

SCGH WEEKLY PROGRAMME – August 2010

PLEASE PHONE TO MAKE AN APPOINTMENT – 9346 7630

Please leave 4 days
between sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
Rose	9:30 x 2 10:30 x 2 11:30am x 2 PRANIC HEALING Colleen Coccaro Patricia Williams	10.00am-11.00am Group Activity MEDITATION Ann Weinberg	9:45 x 2 10:45 x 2 11.45:am x2 BOWEN THERAPY Ramzi Peska	9:30 x2 10:30 x2 11:30am x2 REFLEXOLOGY Haruko Mizoguchi Wk 1 Michelle Osler Wk 2 Anne Young	9:30 10:30 11:30am RELAXATION MASSAGE Students MUSIC & SOUND 10.00 – 11.30am (20 th & 27 th only) Christine Morrison
Lavender	9:30 10:30 11:30am HEALING TOUCH Wk 1 Jane Meiklem Wk 2 Ainslie Allison	9:30 10:30 11:30am REIKI Wk 1 Ula Panotidis	9:30 10:30 11:30am HEALING TOUCH Christine McGillivray	9:30 10:30 11:30am AROMATHERAPY MASSAGE Irene Brannigan	9:30 10:30 11:30am COUNSELLING Li-Anne Yellachich
Sanctuary		9:30 10:30 11:30am PRANIC HEALING Wk 1 Bronwyn Langlands	9:30 10:30 11:30am RELAXATION MASSAGE Tim Fisher	9:30 x 2 10:30 x 2 11:30am x 2 REIKI Wk 1 Anthony Deleo/Lila Flegg Wk 2 John McQuade/Marjorie McKercher	9:30 10:30 11:30am REIKI Bev Taylor
	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
Rose	2.00pm-3.30pm Group Activity QI GONG Andrew Lim (Location: Meeting Room 1) 1:30 2:30 3:30pm REIKI Sharon Prince	1.30 x 2 2.30 x 2 3.30pm x2 REFLEXOLOGY Wk 1 Gemma Warren Wk 1 Julia Kathleen Boag 1:30 x 2 2:30 x 2 3:30pm x2 BOWEN THERAPY Wk 2 Bill Hughes	1.00pm-2.15pm Group Activity EXPRESSIVE ART THERAPY Wk 1 Anna Petterson 1.30 x2 2.30 x 2 3.30pm x 2 REFLEXOLOGY Michelle Hilder Bev Doggett	1:30 2:30 3:30pm REFLEXOLOGY Wk 1 Mary Matthews 1.00 2.00 3.00pm PRANIC HEALING Wk 2 Rae Yorg	1:00 to 3:00pm - Group Activity BEAUTY THERAPY Wk 2 Julia Cattalini
Lavender	1:00 2:00 3:00pm COUNSELLING Sjoukje Tarbox	1:30 2:30 3:30pm REIKI Wk 1 Sue Ntoumenopoulos Wk 2 Anne McKellar	1.30 2.30 3.30pm REIKI Wk 1 Norrie Trinidad	1:30 2:00 2:30 3:00pm ACUPUNCTURE Caroline Lord	2:30 3:30pm RELAXATION MASSAGE Nicolette Madry
Sanctuary	1:30 2:30 3:30pm REIKI Grant Panting	1.30 2.30 3.30pm REFLEXOLOGY Wk 2 Gemma Warren		1:00 2:00 3.00pm COUNSELLING Sjoukje Tarbox	

Events at SolarisCare

Expressive Art Therapy Group

Every second Wednesday 1:00pm — 2:15pm

Expressive Art Therapy is a relaxing way to allow your thoughts and feelings to express themselves through the medium of art.

No talent necessary ... only enthusiasm!

Beauty Therapy Group

SolarisCare Cancer Support Centre welcomes Julia Cattalini. Julia is an experienced remedial beautician who will be presenting practical makeup tips for people receiving treatment for cancer in a fun, informal setting. Six places are available each month so participants can receive individual attention. Materials supplied. Every second Friday of each month.

Meditation Group

Tuesdays 10:00am — 11:00am

Meditation and relaxation breathing techniques have been found to be most useful for pain relief and are major contributors to good health. Learn meditation, breathing techniques and simple movements you can use daily to improve your sense of well being.

Qi Gong (Chinese Meditation)

Mondays 2:00 – 3:30pm

Based on the ancient arts of Chinese healing and philosophy Qigong (*pronounced Chee-Gung*) can be effective in improving circulation, fatigue and general well being. Learn simple easy exercises, meditations and relaxation techniques. This includes soft movements, standing form, sitting form, relaxing the whole body, meditation, deep breathing, automatic movements and Chinese philosophy.

Quiz Night

Saturday, 21st August from 7pm

Venue: Claremont Football Club, Davies Road, Claremont. Tickets are \$20 each or \$160 per table. There will be great prizes to win, a silent auction and live auction. Get in early to form your table of 8 or purchase a ticket and we will assign you to a table. Tables can be reserved by contacting Wendy Mathews on 9381 4074



CANCER SUPPORT CENTRE

Complementary Integrative Therapies Information Service

**This is a free service to all Cancer
Patients and their Carers in WA**

Complementary integrative therapies are those treatments and supportive care given alongside the mainstream cancer treatments of surgery, radiotherapy and chemotherapy.

Their purpose is to improve quality of life and assist in reducing physical and psychological distress to achieve the best possible health outcome.

We are also a drop-in centre so feel free to come in and chat to our wonderful volunteer staff or spend some time relaxing between your hospital appointments.

**For information and bookings phone
Reception (08) 9346 7630**

THE CENTRE IS OPEN 9.30am - 4.30pm

MONDAY to FRIDAY

SolarisCare Foundation

Sir Charles Gairdner Hospital

E Block Ground Floor Hospital Avenue Nedlands WA 6009

Website: www.solariscare.org.au

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