

SCGH WEEKLY PROGRAM – November 2008

PLEASE PHONE TO MAKE AN APPOINTMENT – 9346 7630

	Monday	Tuesday	Wednesday	Thursday	Friday
Rose	9.30 x 2 10.30 x 2 11.30 x 2 PRANIC HEALING Patricia Williams, Colleen Coccaro	10.00 to 11.00 - Group Activity CHI BREATHING Ann Weinberg	10.00 x 2 11.00 x 2 12.00 x 2 BOWEN THERAPY Ramzi Peska	9.30 x 2 10.30 x 2 11.30 x 2 REIKI Wk 1 Anthony Deleo/ Juanita Wilcox Wk 2 John McQuade/Marjorie McKercher	9.30 x 2, 10.30 x 2, 11.30 x 2 RELAXATION MASSAGE David Lamb & Jenny Dowling
Lavender	9.30 10.30 11.30 REFLEXOLOGY Jayne Bowes	9.30 10.30 11.30 REMEDIAL MASSAGE Janelle Hutchings	9.30 10.30 11.30 REIKI Wk 1 Deon Way REFLEXOLOGY Wk 2 Janet Keatley	9.30 10.30 11.30 RELAXATION MASSAGE Wk 2 Irene Brannigan	9.30 10.30 11.30 COUNSELLING Carolyn Spillet
Rainbow	9.30 10.30 11.30 HEALING TOUCH Wk 1 Jane Meiklem Wk 2 Ainsley Allison	9.30 10.30 11.30 REIKI Ula Panotidis	9.30 10.30 11.30 HEALING TOUCH Christine McGillivray	9.30 x 2 10.30 x 2 11.30 x 2 REFLEXOLOGY Haruko Mizoguchi Wk 1 Michelle Osler Wk 2 Anne Young	9.30 10.30 11.00 PRANIC HEALING/REIKI Wk 1 Maureen McKenzie Wk 2 Margaret Papaelias
Rose	2.00 to 3.30 - Group Activity QI GONG Andrew Lim	1.00 2.00 3.00 BOWEN THERAPY Norman Thomas RELAXATION MASSAGE Maya Turatbekova	1.30 – 3.00 – Group Activity ART THERAPY Ruth Weaver	1.30 2.00 2.30 3.00 ACUPUNCTURE Wk 1 Diana Oliver Wk 2 Caroline Lord	
Lavender	1.00 2.00 3.00pm COUNSELLING Sjoukje Tarbox	1.30 2.30 3.30pm REIKI Wk 1 Jenny Heath Wk 2 Anne McKellar	1.00 2.00 3.00pm COUNSELLING Wendy Riordan		1.00 1.45 2.30pm BOWEN THERAPY Wk 1 Helen Walker Wk 2 Norman Thomas
Rainbow	1.00 2.00 3.00pm KINESIOLOGY Wk 1 Eve Creed REFLEXOLOGY Wk 2 Gemma Warren	1.30 2.15 3.00pm ACUPUNCTURE Randa Majrouh		1.30 2.15 3.00pm BOWEN THERAPY Wk 1 Bill Hughes Wk 2 Cynthia Li	

Coming Events at SolarisCare

Saturday 6th December 2008
10.00am – 4.00pm

CARERS COURSE

Carers will learn about medications, communication, nutrition, pain & symptom management, exercise, complementary therapies and self care.

BOOKINGS ARE ESSENTIAL 9346 7630

Mondays

2.00 pm—3.30 pm
Qi Gong - Andrew Lim

Qigong is an aspect of traditional Chinese medicine involving the coordination of different breathing patterns using various physical postures and motions of the body with benefits to health through stress reduction and exercise.

Tuesdays

10.00 am—11.00am
Chi Breathing – Ann Weinberg

Chi Breathing techniques have been found to be most useful for pain relief and are a major contributor to well being. The treatment activates and accumulates energy using movement to enhance energy flow.

Wednesdays

1.30 pm—3.00 pm
Art Therapy - Ruth Weaver

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.



CANCER SUPPORT CENTRE

Integrative Complementary Therapies Information Service

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

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

Many complementary therapies are traditionally accepted by doctors because they can help people feel better and cope better with their mainstream cancer treatment.

Feel free to come in,
sit quietly in our lounge
or chat with our volunteer staff.

**Phone our Reception
(08) 9346 7630**

**THE CENTRE IS OPEN 9.30 - 4.30
MONDAY TO FRIDAY**

SolarisCare Foundation
Sir Charles Gairdner Hospital
E Block Ground Floor, Hospital Avenue, Nedlands, WA 6009
www.solariscare.com.au