



Wellness

SWSLHD CANCER

Website: www.swslhd.nsw.gov.au/cancer Email: SWSLHD-LiverpoolWellnessCentre@health.nsw.gov.au Phone: 02 8738 9853

THE JOHN RICHARD KUHLMANN WELLNESS CENTRE & THE MACARTHUR CANCER THERAPY WELLNESS CENTRE

Our Wellness Programs are available to cancer patients (treated within the South Western Sydney District) and their carers. Our Programs provide supportive therapies for patients who are undergoing treatment. Programs such as Oncology Massage, Acupuncture, Low Impact Exercise Classes, Art Therapy and Meditation can help patients through their treatment regime.

For all program bookings, please contact our Wellness Centre Reception on 02 8738 9853, or contact us via email on SWSLHD-LiverpoolWellnessCentre@health.nsw.gov.au.

Go to our online Wellness Calendar of Events:

<https://www.swslhd.health.nsw.gov.au/cancer/calendar.html> for all dates, times and booking information for our Wellness Programs.

Macarthur Programs – NEW location

We are pleased to advise that our Macarthur Wellness Programs will now be held in a brand new location!

Our Yoga and Meditation Programs will now be held in Narellan, at **The Positive Health Project** (43 Elyard St, Narellan). FREE onsite parking is available. Please refer to our website calendar for dates and times. Bookings are essential.

Massage at Bankstown

Our Oncology Massage Program is now up and running at Bankstown Hospital. This is great news for patients and carers from the Bankstown area who will now be able to access this service closer to home! The program runs every second Friday. Bookings are essential.



Art Classes - Liverpool

Join our new art teacher, Jennifer, for Art Classes on Wednesday afternoons in the Wellness Centre. Bookings are essential.



ENRICH PROGRAM - Update

Cancer Council NSW are excited to announce the return of the ENRICHing Survivorship Program. ENRICH is a FREE exercise and nutrition program for cancer survivors. The program will be returning face-to-face later in the year at Liverpool and early next year at Campbelltown. Dates to follow shortly, or check the wellness website for dates and times.

Look Good Feel Better Workshops

Look Good Feel Better is a free national community service program, run by the Cancer Patients Foundation, dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by treatment for any type of cancer.

Upcoming Look Good Feel Better Workshops will be held as follows:

LIVERPOOL: 21st June in the Wellness Centre, Liverpool Hospital

CAMPBELLTOWN: 24th May at the Campbelltown RSL Club

Contact 1800 650 960 or email info@lgfb.org.au for bookings.

Gardening Workshops - Liverpool

Join our next Gardening Workshop at the Wellness Centre on 2nd August. Call Wellness reception to book your spot.

DRY JULY

Dry July is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer.

The funds you raise as part of your Dry July will provide invaluable services for cancer patients, their families and carers.

Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself. It's a win-win!

Dry July is a major fundraiser for the Wellness Centre. Without fundraising we cannot continue to offer our patients these wonderful services. Details on how to join our Dry July Team will be available shortly.



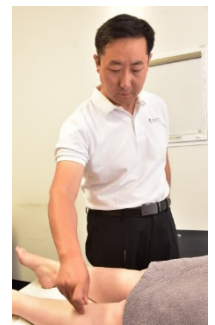
Acupuncture Study - Liverpool

If you are looking for alternative relief for your cancer-related pain conditions, please contact the principal investigator on the following details.

Principal Investigator: Dr Qi Zhao

P. 0480 176 491

E. q.zhao2@westernsydney.edu.au



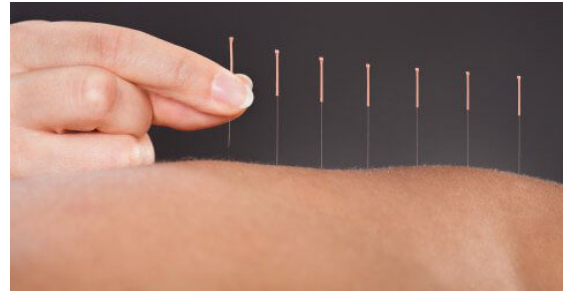
Acupuncture Trial – Breast cancer patients

Do you experience pain or discomfort after breast cancer surgery?

Would you like to try **ACUPUNCTURE** to treat it?

We would like to hear from you!

We are running a trial to see if acupuncture helps the pain or discomfort some people suffer after surgery for breast cancer. We will give you acupuncture every week for up to 8 weeks and ask you about your pain every two weeks for 16 weeks.



This is a free service. There is no cost involved.

For more information, please contact the Cancer Wellness Centre on (02) 8738 9853 or email SWSLHD-LiverpoolWellnessCentre@health.nsw.gov.au
