



Wellness

SWSLHD CANCER

An informal and comfortable area for cancer patients and their carers in Liverpool Hospital - drop in and find out about the program

Services offered at the Centre include:

- ACUPUNCTURE
- ART WORKSHOPS
- EXERCISE CLASSES
- EDUCATION GROUPS
- GARDENING WORKSHOPS
- MASSAGE
- MEDITATION
- NUTRITION GROUP
- SUPPORT GROUPS
- TAI CHI AND QIGONG
- WIG SERVICE
- YOGA
- ZUMBA

Programs are designed to offer guidance and practical lifestyle support options, information, education and access to the following counselling and clinic services

- Bone Marrow Transplant review
- Lymphoedema screening
- Lymphoma assessments
- Occupational therapy assessment
- Physiotherapy exercise assessments
- Psychology
- Social Work



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Website www.swslhd.nsw.gov.au/cancer/calendar.html

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Location Level 1, Cancer Therapy Centre, Liverpool Hospital



**Cancer Services
Fundraising**



Health
South Western Sydney
Local Health District

Wellness

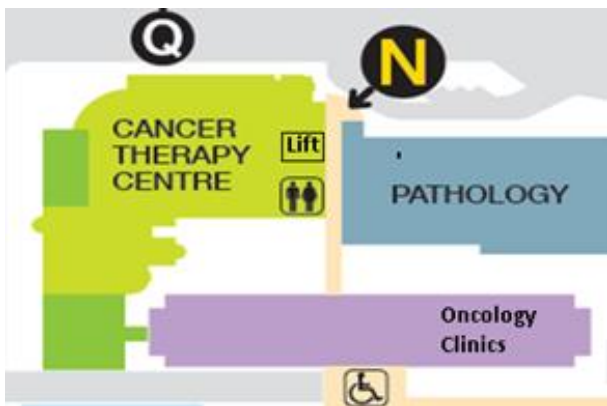
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DIRECTIONS

From Pathology:-

Take the lift to the first floor.

Enter the Wellness Centre through the door in the illuminated alcove behind the lift.



We are looking for a diverse range of people who would like to volunteer their time to help cancer patients and carers. If you are interested in becoming a volunteer at the Wellness Centre, please contact us for an information pack.



Land has been allocated to build two Wellness Centres. We need the local community to make the building of these centres a reality. To find out more about these projects and how you can donate, visit our website, email or phone – details overpage.