



Open Monday to Friday

8.30am – 4.00pm

Phone: 8738 5180 or 8738 5181

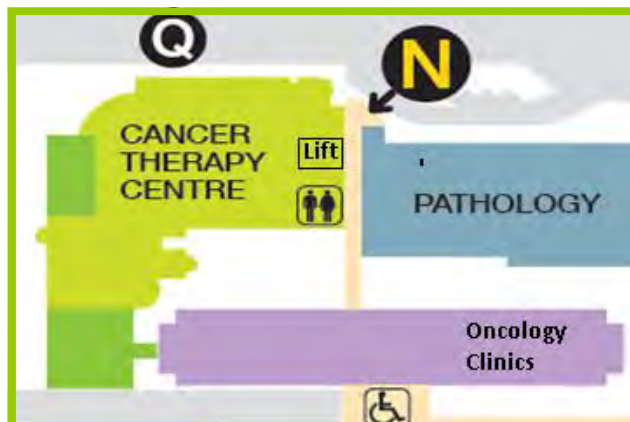
# LIVERPOOL

## *Wellness Centre*

### DIRECTIONS

#### From Pathology:-

Take the lift to the first floor. Enter the Wellness Centre through the door in the illuminated alcove behind the lift.



## General Information



### WELLNESS CENTRE LOCATION:

Level 1  
Liverpool Cancer Therapy Centre  
Cnr Goulburn & Campbell Streets,  
Liverpool Hospital



[www.swslhd.nsw.gov.au/cancer/](http://www.swslhd.nsw.gov.au/cancer/)

# Liverpool Wellness Centre

Level 1, Liverpool Cancer Therapy Centre

## About the Wellness Centre

The Wellness Centre aims to provide an informal and comfortable area for Cancer patients and their carers to access within Liverpool Hospital. Numerous support services can be accessed within the Wellness Centre. The Wellness Centre also serves as a drop in facility where patients can come and have a cup of tea, read one of our many books in the library, watch television or a DVD, or just sit back and relax in a calm and tranquil setting.



**Wellness is “a way of life oriented toward optimal health and well-being in which the body, mind and spirit are integrated by the individual to live more fully.”**

Sweeney & Witmer (1991)



## Services Available

Clinics:

- Bone Marrow Transplant
- Lymphoedema Screening
- Lymphoma
- Occupational Therapy Assessment
- Physiotherapy Exercise Assessment
- Psychology
- Social Work

Support Programmes:-

- Gynae-Oncology support & education group
- Lymphoedema education programme
- Living Well After Breast Cancer programme
- Wig Library

