



Website: www.swslhd.nsw.gov.au/cancer Email: LIV.WellnessCentre@health.nsw.gov.au Phone: 8738 9816 or 8738 5180

THE JOHN RICHARD KUHLMANN WELLNESS CENTRE

TERM 1: 29 January – 13 April 2018

- ⇒ Wellness Programs start back from 29th January 2018
- ⇒ New bookings from Monday, 15th January 2018
- ⇒ Change to program “fees” starting from Term 1 2018
- ⇒ Thank you to our Volunteers
- ⇒ Enrol in the ENRICH program
- ⇒ New Artwork within the JRK Wellness Centre early next year

The Return of our Wellness Programs

Our programs will be returning from Monday, 29th January 2018. To view the timetable, visit the wellness calendar on our website <https://www.swslhd.health.nsw.gov.au/cancer/calendar.html>. We will also be introducing some exciting new programs in 2018, so watch this space!

New Bookings

We will be taking new bookings for all of our programs starting from Monday, 15th January 2018.

Program “fee” changes for 2018

To help cover the costs of running our programs, we ask for a donation for each session that you attend. In Term1 2018, we will be increasing our suggested donation amount as follows:

- \$7.50 per class (Tai Chi, Yoga, Meditation, Zumba, Art, Gardening)
- \$20.00 per massage or acupuncture session

These donation amounts are a suggestion only, but please keep in mind that without your donations, we would not be able to continue to offer these wonderful services to our patients and their carers.

VOLUNTEERS – Thank you!

A HUGE thank you to our volunteers – Our Art teacher; Laurel, Zumba Instructor; Monica, Dianne our Meditation teacher and Phil our Gardening Guru! Without their ongoing support we would not be able to run so many fantastic programs. We are so lucky to have such dedicated and passionate volunteers in the Wellness Centre!

Enrol for the ENRICH Program

The ENRICH Program will be held twice at Liverpool during 2018. The ENRICHing Survivorship Program is for cancer survivors. It is facilitated by an Exercise Physiologist, Dietitian, Yoga Instructor and volunteers to restore your physical and emotional wellbeing after cancer treatment. If you are interested in attending this free 8 week program, please register with Cancer Council NSW on 1300 360 541 or email enrich@nswcc.org.au.

NEW ARTWORK IN OUR WELLNESS CENTRE

Watch out for new artwork in the JRK Wellness Centre in 2018. We will be getting some artists in to create something very special for us all to enjoy!

The Wellness centre will remain open during January, so if you would like to drop in for a coffee or just to rest, please feel free to utilise the facilities!

WE WISH ALL OUR PATIENTS AND CARERS A HAPPY NEW YEAR!