



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

2017 WELLNESS PROGRAMS

We would like to wish everyone a very Happy New Year, and we hope everyone had a safe and enjoyable Christmas period!

Our new Wellness Manager, Greg Webb, has now commenced and he will be implementing a few changes to our programs this year.

Our Wellness Programs will be resuming from the first week in February 2017.

All our programs will now coincide with school terms



THE NEW PROGRAM TERMS ARE:

Term 1:

30 January – 7 April 2017

Term 2:

26 April – 30 June 2017

Term 3:

17 July – 22 September 2017

Term 4:

9 October – 15 December 2017

The following weekly programs are available to cancer patients and carers:

- **ACUPUNCTURE** – by appointment only
- **ART WORKSHOPS** - fortnightly group sessions
- **GARDENING WORKSHOPS** - fortnightly group sessions
- **MASSAGE** – by appointment only
- **MEDITATION** – weekly group sessions
- **PHYSIOTHERAPY LED EXERCISE CLASSES** – weekly group sessions
- **SCRAPBOOKING** - fortnightly group sessions
- **TAI CHI/QIGONG** – weekly group sessions
- **YOGA** – weekly group sessions
- **ZUMBA** – weekly group sessions
- **WIG SERVICE** – fortnightly by appointment only

To view the 2017 Wellness Program timetable, please refer to our website calendar:

<http://www.swslhd.nsw.gov.au/cancer/calendar.html>

BOOKINGS ARE ESSENTIAL. For more information on our programs, or to book,
CALL MELISSA ON 8738 9816 or CANCER RECEPTION ON 8738 5180
Or EMAIL LIV.WellnessCentre@sswahs.nsw.gov.au



MASSAGE & ACUPUNCTURE CLINIC
APPOINTMENT POLICY

The Massage and Acupuncture Clinics at the Liverpool Wellness Centre are designed for cancer patients and their carers to sample Oncology Massage and Acupuncture. Massage and Acupuncture can help to reduce anxiety and pain, and can also improve energy and overall wellbeing.

To allow cancer patients fair and timely access to this service, we have reviewed the booking policy as follows:

- **There are a maximum of four (4) massage appointments and four (4) acupuncture appointments allowed per person.**
- **All appointments can be made in advance, or can be made individually as required.**
- **After the maximum amount of appointments has been reached patients/carers will be referred to an external provider for continuation of treatment (at their own expense), should they find the treatment beneficial.**
- **Patient's must currently be undergoing cancer treatment, or have been treated within the past 6-9 months to access this service.**
- **Patient bookings have priority over Carer bookings. One session per clinic is allocated for carers.**

For massage and acupuncture bookings or enquiries, please contact:

Melissa on 8738 9816 or

Greg on 0476 821 659 or

Email LIV.WellnessCentre@sswahs.nsw.gov.au