



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

The Wellness Centre and Online Therapy Sessions

In the ongoing effort to maintain social distancing and keep our patients as safe as we can from the Covid-19, the Wellness Centre at Liverpool Hospital is currently offering access to Meditation, Yoga, and Art Therapies via online conferencing.

Using the Pexip app - patients, carers, and family/friends can join in without leaving the safety of their own home. We have been having great success with our patients connecting, and enjoying the sessions. Connection by computer is as simple as going to the appropriate website, details of which are forwarded to you when you advise that you would like to join in. You can even download the free Pexip app on your phone or tablet and connect that way.

These sessions are currently offered every Wednesday:

Mediation	10:00 – 11:00
Yoga	11:00 - 12:00
Art	12:30 – 02:30

All are welcome and each therapy accommodates beginners through to the more advanced, and all are there for you to have fun and relax. If you would like to try one or more of these, please don't hesitate to contact David on 02 8738 9853.

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.

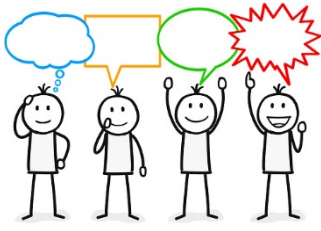
Dry July

I am pleased to advise that the Dry July Foundation have approved funding of the 2020 Integrated Oncology Programs of \$50,000. This is a great boost to our programs in the Wellness centre.

Thanks to all who donated to this great cause.

Liverpool	\$30,488
Macarthur	\$2,169.80
Bankstown	\$18,393.25





Get to know our Contractors: Bronwyn Bulmer

Tell us a little about yourself.

Im getting closer to my senior years currently teaching Yoga

Three words to best describe you:

Happy & full of energy, have a positive outlook in life...Im kind I have compassion, love life

What is the favourite part about working for Cancer Services?

That was my wish when I finished my teaching Yoga course to help people in treatment.

If you could be anyone from any time period who would it be and why?

Wonder women with super powers

If you were stuck on an island what three things couldn't you do without?

Chocolate, music, water

What do you like to do in your spare time?

Walking along the beach with my puppies.....or swim and surf

What is on your bucket list?

Where do I start.....to become a teacher in showing ladies or men to be a Yoga instructor, travel the world teaching Yoga, anywhere I want to do and see.

What is the one thing you cannot resist?

Chocolate

What is your greatest fear?

Loosing my sense of not knowing who I am.....loosing my mind

You're happiest when?

The joy I get is helping people found themselves and connecting to source, mother earth.

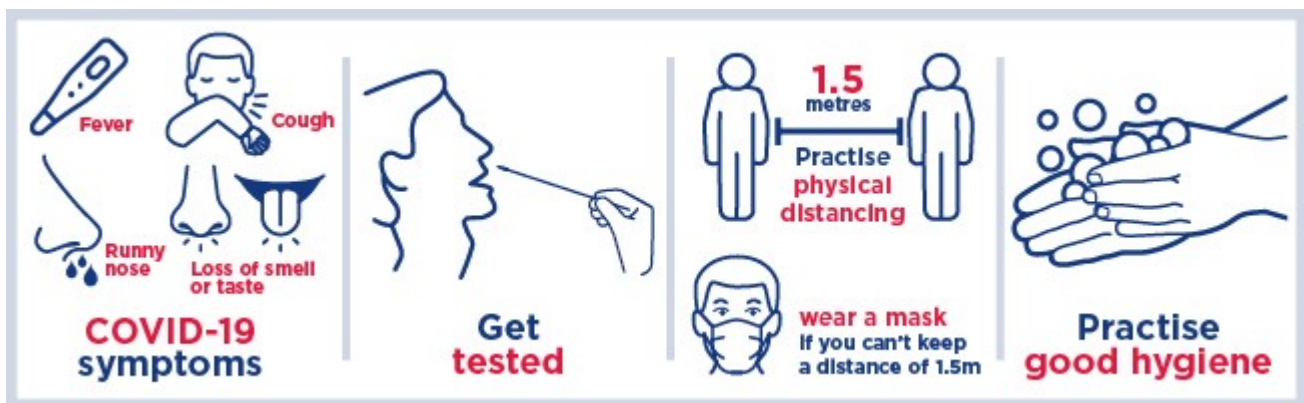


Do you suffer from cancer-related pain? Could acupuncture help you?

Clinical researchers at the Wellness Centre, Liverpool Hospital are currently conducting acupuncture clinical research on cancer-related pain. This is an international research effort amongst teams from Western Sydney University, Beijing University of Chinese Medicine and South Western Sydney Local Health District through the Chinese Medicine Centre at Western Sydney University.

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



Visit the [NSW Health website](https://www.nsw.gov.au/health) for the latest information on COVID-19.