



Website: [www.swslhd.nsw.gov.au/cancer](http://www.swslhd.nsw.gov.au/cancer) Email: [LIV.WellnessCentre@health.nsw.gov.au](mailto:LIV.WellnessCentre@health.nsw.gov.au) Phone: 8738 9853

THE JOHN RICHARD KUHLMANN WELLNESS CENTRE & THE MACARTHUR CANCER THERAPY WELLNESS CENTRE

**TERM 2: 30<sup>TH</sup> April 2018 – 6<sup>TH</sup> July 2018**

Welcome back to Term 2 of our Wellness Programs!

Our Wellness Programs are available to ALL cancer patients and their carers, so feel free to contact us for more information or to make a booking. Please keep in mind that our most popular programs, Massage and Acupuncture, are incredibly busy and there can be a waiting period for an appointment.

Click on our Wellness Calendar of Events: <https://www.swslhd.health.nsw.gov.au/cancer/calendar.html> for all dates, times and booking information for our Term 2 Wellness Programs.

**Please note the following changes/cancellations have been made to some of our exercise programs this term;**

- ◆ *This term, Tai Chi has been cancelled at Liverpool and Macarthur Wellness Centres. Our Tai Chi Instructor has obtained an injury, and unfortunately she cannot resume classes until Term 3. Get well soon Serene!*
- ◆ *Due to unforeseen circumstances, Zumba has been cancelled at Liverpool for Term 2. We hope to resume classes again in Term 3.*
- ◆ *Yoga has been cancelled for the time being at Macarthur. Our lovely Yoga instructor, Julie, has left us due to family commitments. We wish to thank Julie and wish her all the best for the future. She will be missed! We are currently in the process of recruiting a new yoga teacher so that we can resume classes at Macarthur again ASAP.*

### **Bravery Unmasked 2018**

Workshops will be held on these dates:

At Casula Powerhouse Arts Centre on 9<sup>th</sup> June & 8<sup>th</sup> September 2018 @ 10.30am – 12.30pm

At Liverpool Cancer Therapy Centre (JRK Wellness Centre) on 22<sup>nd</sup> May, 24<sup>th</sup> July, 21<sup>st</sup> August 2018 @ 10.30am – 12.30pm

If you wish to attend a Workshop, or for more information, please contact us on 8738 9853, or contact Casula Powerhouse on 9824 1121.

The Bravery Unmasked Exhibition will commence from **Saturday 27<sup>th</sup> October 2018** at the Casula Powerhouse Arts Centre. All money from the sale of masks in the exhibition will be donated back to the Liverpool Cancer Therapy Centre!

### **Bankstown Cancer Therapy Centre**

Wellness Programs are coming to Bankstown soon! We are hoping to introduce Massage and Acupuncture at Bankstown in Term 3 of this year... so watch this space!



**Cancer Council**  
NSW

**ENRICHing**  
Survivorship



**Join our FREE ENRICHing Survivorship program for cancer survivors. Facilitated by a physiotherapist, dietitian, yoga instructor and volunteers to restore your physical and emotional wellbeing after cancer treatment.**

**Coming to**

**Campbelltown**

13 July – 21 August 2018 and  
21 September – 9 November 2018  
Fridays: 9:00am – 11:00am

**Registration is essential**

1300 360 541  
enrich@nswcc.org.au  
cancercouncil.com.au/enrich/

An evidence based program for people who have completed their active cancer treatment (surgery, chemotherapy, radiotherapy) and their carer, partner or family member.

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## What is ENRICHing Survivorship?

The ENRICHing Survivorship program is a free group-based program comprised of eight, two hour, face to face, weekly sessions. The program introduces survivors to a range of nutrition information, involvement in physical activity and practical information and discussion about adjusting to life following cancer treatment. The ENRICHing Survivorship Program is made up of the following components:

### ➤ **Healthy Lifestyle**

Six sessions focus on exercise and nutrition to improve cancer health (ENRICH). Each session is co-facilitated by an exercise physiologist/physiotherapist and a dietitian. The sessions are informative and interactive, motivating and encouraging participants to move, implement, and maintain, a healthier lifestyle. Three core components are covered in every Healthy Lifestyle session: Healthy eating, a walking program and resistance training.

### ➤ **Yoga & Mindfulness**

A yoga & mindfulness session allows participants to trial a new form of exercise and enables them to explore mindfulness and relaxation techniques to help reduce stress and anxiety. This session is delivered by a qualified yoga instructor who has experience working with cancer patients. Three core components are covered: Breath and movement practice, relaxation techniques and mindfulness meditation.

### ➤ **Peer Support**

Life after cancer treatment can be a confronting and challenging time and despite the expectations to 'get back to normal' finishing treatment can bring new challenges and lead to feeling fatigued, isolated, and/or other challenges. This session is delivered by Cancer Council NSW trained volunteer facilitators who are cancer survivors or carers. The session provides practical information, discussion and ideas about how to adjust to the changes following cancer treatment.

## What are the benefits?

- Increase physical activity, improving aerobic fitness and strength
- Improve dietary habits to align with the Australian Dietary Guidelines
- Reduce levels of fatigue
- Improve sleeping habits
- Improvements in mood (feeling less worried/anxious and less sad/depressed)

## Who can participate?

- Cancer survivors who have finished active treatment.
- Carer, partner or family member may accompany the survivor.

## Are there any restrictions?

- Physically able to participate in an exercise program.
- Over 18 years of age.

## For more information:

1300 360 541  
enrich@nswcc.org.au  
cancercouncil.com.au/enrich

ENRICHing Survivorship is an evidenced based program. Access the Randomised Controlled Trial here: <https://bmccancer.biomedcentral.com/articles/10.1186/s12885-015-1775-y>