



Wellness

SWSLHD CANCER

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

Our Wellness Programs are available to cancer patients (treated within the South Western Sydney District) and their carers. Our Programs provide supportive therapies for patients who are undergoing treatment. Programs such as Oncology Massage, Acupuncture, Low Impact Exercise Classes, Art Therapy and Meditation can help patients through their treatment regime. For more information or to make a booking, contact us via the options above.

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.

Fundraising Update

West Tigers and Canterbury Bulldogs kindly allowed us to fundraise again at their match on 10th August 2019, with Bulldogs taking the game out 18 - 16. Our partnership will continue in 2020.



Bravery Unmasked Workshops & 2019 Exhibition

The 4th Bravery Unmasked exhibition was open last Saturday. The exhibition will run from 2 November - 28 November 2019 at Casula Powerhouse. The exhibition is free.

All of the masks are available to purchase for \$50, with all money from any sales going back into SWS Cancer Therapy Centre.

For more information please [click here](#)





New Macarthur Acupuncture Clinic

Our brand new Acupuncture Clinic will start this coming Friday 8th November at Macarthur Cancer Therapy Centre; this will be in addition to our Oncology Massage Clinic.

To book an appointment call 4634 4300

ENRICHing Survivorship Programs



ENRICHing Survivorship is facilitated by an exercise physiologist/ physiotherapist, dietitian, yoga instructor and volunteers to restore your physical and emotional wellbeing after cancer treatment. The program runs one day per week for 8 weeks and each session is 2 hours.

The program is made up of the following components:

- Six sessions focus on exercise and nutrition to improve cancer health (ENRICH).
- A yoga and mindfulness session introduces relaxation breathing techniques to help reduce stress and anxiety.
- A peer support session provides practical information, discussion and ideas about how to adjust to the changes following cancer treatment

The program is available to people over 18 who have completed active cancer treatment. For people diagnosed with certain cancer types requiring long term treatment the program is available provided the participant is feeling well and able to physically participate. A carer, partner or family member is welcome to attend with the cancer survivor.

Read more at <https://www.cancercouncil.com.au/enrich/#cxSugKAAACIB5hCh.99>

Program dates and locations are as follows:

CAMPBELLTOWN: 11 October – 29 November 2019

DATES FOR 2020: Fridays 9am - 11am

7 Feb – 27 March

1 May – 19 June

31 July – 18 September

9 October – 27 November

LIVERPOOL: 25 September to 13 November 2019

DATES FOR 2020: Tuesdays 9am – 11am

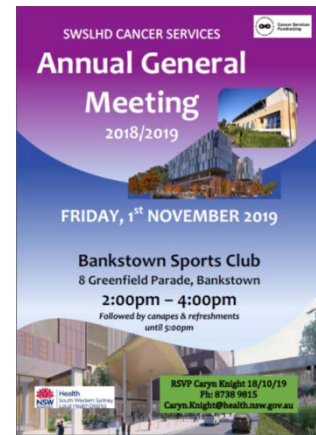
28 April – 16 June

29 September -17 November

To register, please email enrich@nswcc.org.au or call 1300 360 541

SWSLHD Cancer Services AGM

Our Annual General Meeting was held on Friday 1 November at Bankstown Sport Club and was a great success. Thanks to all those that attended this year.



With only 7 more weeks of programs left for 2019, we would like to thank our many volunteers for their contributions this year.

Bookings for our 2020 programs will open late December.

Wishing you all a Merry Christmas and a Happy New Year.

