

**ALL PROGRAMS ARE FREE OF CHARGE**



**Ballarat Regional Integrated Cancer Centre**  
Care, Treatment & Research

# Wellness Centre Integrated Therapies

**Our Wellness Programs are available to support all cancer patients within the Ballarat and Grampians region regardless of place of treatment.**

Complementary therapies are used alongside conventional cancer treatment to help manage the symptoms and side effects of cancer. We also have a number of education sessions led by allied health professionals to address patient's health and wellbeing concerns.



### Oncology Massage - Monday & Tuesday

A gentle form of massage designed to relieve tension and may also reduce levels of pain, fatigue, nausea and anxiety.



### Yoga - Thursday 1.00pm

Beginner yoga to improve physical health, mental clarity, and stress management.



### Art Therapy - Thursday 11.30am

Art Therapy provides an avenue to express, explore and externalise thoughts & feelings. No artistic ability required.



### Shiatsu - Thursday 9.30-3.30

A clothed massage technique using acupuncture points and energy pathways or meridians on your body.



### Relaxation & Mindfulness - Wednesday 12.00

Calm your mind and enhance health and wellbeing.



### Facials - Wednesday 9.30-11.30

Treat your skin to a facial that will leave you feeling like new



### Financial/Centrelink/Superannuation

Assistance with your financial situation and what you may be entitled to.



### Look Good Feel Better - every 2nd month

A 2.5 hour workshop of pampering! Learn about make-up & wigs/scarves in a fun practical way.



### Delta Dogs - Tuesday & Wednesday

The beautiful dogs come in for a visit.



### Reiki - Mondays

A Japanese technique for relaxation and balancing energy.

## For more information and bookings

**P:** 5320 8614  
**E:** [simonen@bhs.org.au](mailto:simonen@bhs.org.au)  
[www.bricc.bhs.org.au](http://www.bricc.bhs.org.au)  
 [www.facebook.com/BRICWellnessCentre](http://www.facebook.com/BRICWellnessCentre)



### Why Wait for Wellness

Group education sessions on improving your quality of life by talking about exercise, nutrition and emotional wellbeing.

Facilitated by a Dietician, Psychologist and Exercise Physiologist.



### Fed up With Fatigue

Fatigue is the most common side effect of cancer and its treatment. Cancer related fatigue is different to everyday tiredness. Explore

and discuss strategies to assist you to manage cancer related fatigue. Led by an Occupational Therapist.



### At Risk Of Lymphoedema

Surgery to remove lymph nodes in your armpit or groin, and/or radiotherapy in the same area, can increase

your risk of developing lymphoedema. Learn about the risk factors and what you can do to help. Led by a Physiotherapist.

**AUGUST 2017**