

What's on at Bloomhill

Weekly Program

Bloomhill receives no government funding, and relies on the support of our local community to offer all services. While we identify co-payment amounts that help us provide these services, NO CLIENT will be refused access to service due to financial distress. Please talk to your nurse confidentially if you require support to access services that you feel will benefit your recovery.

Groups/Workshops	Days	Access
Art Therapy Group Drop In Sessions *	Wednesday 11.00am – 12.30pm	Group Pass or \$10.00pp per session
Wellness Program *	Monthly guest speakers covering a variety of topics <i>check calendar for dates & topics</i>	Complimentary

Support Groups	Days	Access
Secondary Breast Cancer	<i>Check calendar for dates</i> 10.30am-11.30am	Complimentary
Gynae Cancer Support Group	Second Tuesday of the month 1.00pm	
Brain Tumor Support Group	Last Friday of the month 10.30am	
Laryngectomy Support Group	<i>Check calendar for dates</i>	
Head & Neck Cancer Support Group	<i>Check calendar for dates</i>	

Mind and Body	Days	Access
Open Exercise Clinic	Monday 10.00am - 11.00am & 3.00pm - 4.00pm	Group Pass or \$10.00pp per session
	Wednesday 10.00am - 11.00am	
	Friday 11.30am – 12.30pm	
Men's Open Exercise Clinic	Friday 12.30pm – 1.30pm	
Exercise Circuit	Tuesday 6.30am – 7.30am	
Meditation *	Monday 11.30am – 12.30pm	
	Wednesday 2.00pm - 3.00pm	
	Thursday 11.30am – 12.30pm	
Pilates	Wednesday 1.00pm – 2.00pm	
	Friday 10.30am – 11.30am	
Yoga	Tuesday 9.00am - 10.00am	
	Thursday 9.00am – 10.00am	

Touch Therapies	Days	Cost
Acupuncture	Monday, Thursday & Friday	\$55.00
Bowen Therapy	Tuesday & Thursday	\$45.00
Manual Lymphatic Drainage	Monday, Tuesday, Wednesday & Thursday	
Massage *	Monday, Tuesday, Wednesday, Thursday & Friday	
Reflexology *	Monday, Tuesday, Wednesday, Thursday & Friday	

One on One Support	Days	Cost
Counselling *	Tuesday, Wednesday, Thursday	Complimentary
Dietetics *	Monday	
Exercise Physiology	Monday, Tuesday, Wednesday, & Friday	\$45 or Medicare bulk billable with GP Referral
Psychology *	Friday	Medicare bulk billable with GP Referral

Please note: all items marked with an * can be accessed by carers