

# 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.

<b>Groups/Workshops</b>	<b>Days</b>	<b>Access</b>
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 &amp; topics</i>	Complimentary

<b>Support Groups</b>	<b>Days</b>	<b>Access</b>
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	

<b>Mind and Body</b>	<b>Days</b>	<b>Access</b>
Open Exercise Clinic	Monday, Wednesday & Friday 10.00am – 11.00am Monday & Wednesday – 3.00pm-4.00pm	Group Pass or \$10.00pp per session
Men's Open Exercise Clinic	Tuesday 8.00am – 9.00am Friday 11:00am - 12:00noon	
Exercise Circuit	Tuesday & Thursday 6.30am – 7.30am	
Meditation *	Monday 11.30am – 12.30pm Wednesday 2.00pm - 3.00pm Thursday 11.30am – 12.30pm	
Pilates	Friday 9am – 10.00am	
Yoga	Tuesday 9.00am - 10.00am Thursday 9.00am – 10.00am	

<b>Touch Therapies</b>	<b>Days</b>	<b>Cost</b>
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 *	Tuesday, Wednesday, Friday	

<b>One on One Support</b>	<b>Days</b>	<b>Cost</b>
Counselling *	Tuesday, Wednesday, Thursday	Complimentary
Dietetics *	Monday	
Exercise Physiology	Monday, Tuesday, Wednesday, & Friday	Medicare bulk billable with GP Referral
Psychology *	Friday	

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