

Bloomhill Activities Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00-9.00					
8.30-9.30					
9.00-10.00					
9.15-10.15					
10.00-11.00					
11.00-12.00					
11.30-12.30					
1.00-2.00					
2.00-3.00					
3.00-4.00					

Mens Exercise Class
 Open Exercise Clinic
 Pilates
 Yoga
 Meditation

Individual Client Services and Support Groups

Therapies	Days
Acupuncture	Monday, Thursday & Friday
Manual Lymphatic Drainage	Monday, Tuesday, Wednesday & Thursday
Oncology Massage *	Monday, Tuesday, Wednesday, Thursday & Friday
Reflexology *	Monday, Tuesday, Wednesday, Thursday & Friday
Allied Health	Days
Counselling *	Tuesday, Wednesday & Thursday
Dietetics Clinic *	Monday or Tuesday
Dietetics Consultant	Thursday
Exercise Physiology	Monday, Wednesday, & Friday
Psychology *	Monday, Tuesday & Friday
Occupational Therapy (Lymphoedema)	Fridays

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

Support Groups	Days
Secondary Breast Cancer	Check calendar for dates 10.30am-11.30am
Gynae Cancer	Second Tuesday of the month 1.00pm
Brain Tumor Support	Last Friday of the month 10.30am
Laryngectomy Support	Check calendar for dates 11am – 12 noon
Head & Neck Cancer	Check calendar for dates 10.00am – 11.30am
Breast Cancer Survivors	Check calendar for dates 10.00am – 11.30am
Myeloma Peer Support	First Tuesday of the month 2.00pm – 3.30pm

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.



Bloomhill Exercise, Yoga & Pilates Schedule

Monday	Men's Combination Exercise Class Open Exercise Clinic Open Exercise Clinic Pilates with Emma	8:00am-9:00am 9:00am-10:00am 10:00am-11:00am 3:00pm-4:00pm
Tuesday	Yoga	9.15am - 10.15am
Wednesday	Open Exercise Clinic Open Exercise Clinic Pilates with Rachel	8:00am-9:00am 10.00am - 11.00am 1.00pm – 1.45pm
Thursday	Yoga	9.15am - 10.15am
Friday	Open Exercise Clinic Pilates with Emma Open Exercise Clinic	8:30am-9:30am 10:00am-11:00am 11:30am-12:30pm

Bloomhill Meditation Schedule

Monday	Meditation with Clair/Debbie	11.30am -12.30pm
Wednesday	Meditation with Sabine	2.00pm – 3.00pm
Thursday	Meditation with Lindel	11.30am -12.30pm