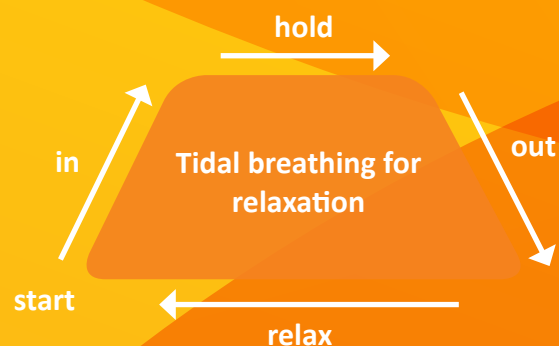


Take a moment to relax with this simple breathing exercise



- Sit in a relaxed upright posture
- Start after non forced exhalation
- Breathe from abdomen
- Do not use chest muscles
- Picture the diagram
- Follow the arrows around to complete one cycle
- Remember the 'relax' phase is longer than the 'hold' phase



Cancer Care Centre Inc
76 Edmund Ave, Unley SA 5061
ABN 73 640 293 985

Support (08) 8272 2411
Admin (08) 8373 1470

admin@cancercarecentre.org.au
www.cancercarecentre.org.au

Cancer 
CareCentre
a place of help, hope and understanding

Complementary Therapies and Support



Supporting you in your cancer journey by offering

- Oncology and lymphatic massage
- Courses on healthy diet and lifestyle
- Professional counselling
- Support groups



You can live a better life with cancer by becoming a member of the Cancer Care Centre. The Centre offers complementary care to support cancer patients and their families.

We are a community based, not-for-profit organisation based in Unley, South Australia.

Complementary care embraces a wide range of holistic health services used together with conventional medicine, which enhance well-being on physical, emotional, mental and spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches including meditation and massage; and nutritional approaches to create a healthy lifestyle.

Research has demonstrated that complementary care improves cancer patients' well-being and may assist them to better tolerate their medical treatment such as chemotherapy and radiotherapy.

Cancer Care Centre is staffed by trained support workers and therapy practitioners. All our practitioners are very experienced in treating people with cancer and are fully qualified. Many of our staff have experienced cancer personally or supported relatives who have been affected by cancer.

We support individuals and families to empower themselves as they travel the cancer journey.

Our services

For a full list of the current courses, therapies and services offered at Cancer Care Centre please visit our website at www.cancercarecentre.org.au or contact the Centre.

Services Include:

- Professional counselling
- Cooking courses
- Lymphatic drainage massage
- Organic gardening courses
- Fresh juicing classes
- Yoga
- Informative guest speakers
- Meditation classes
- Oncology massage
- Support groups
- Nutritional information
- Art therapy

Get started today

Call us on (08) 8272 2411 or visit our Centre on weekdays between 9.30am and 4.30pm.

People experiencing a cancer diagnosis can be torn apart emotionally, experience grief, be confused over the amount of difficult to understand medical terminology and encounter information overload regarding treatment options.

Our Support Worker team will provide immediate support in your cancer journey. Options include a listening ear and a free Pathways appointment which will assist you to assess your needs and develop your personal lifestyle Action Plan. Should you require assistance with counselling, accredited professional counsellors are available by appointment.

Become a member

Cancer Care Centre membership is provided for anyone affected by cancer. This includes cancer patients, their families and carers or anyone wishing to enhance their wellbeing. Membership to the Centre enables you to enjoy the full benefits of all the programmes, courses and therapies that are available. To get you started, one free counselling and one free therapy of your choice such as massage is made available for you to experience some of our Complementary Care options.

Membership entitles you to use our extensive library, and discounts on various events, and products. As a not-for-profit organisation our fees are maintained at concessional rates to allow equitable access to services by all.

Membership form

Name _____

Address _____

Postcode _____

Home Phone _____ Work Phone _____

Mobile _____ Date of Birth _____

Email _____

Organisation _____

Occupation _____

Next of kin _____ Relationship _____

How did you find out about Cancer Care Centre?

Your Signature _____ Date _____

Applicant Category (please tick one)

- Cancer Patient Family Member
- Support Person Other

Membership Fee for 12 month (includes GST (tick box below))

Standard \$80 Concession \$60* Organisation \$100

* requires Concession Card Number

Amount of my membership (please write amount) \$ _____

Donation to Centre (please write amount) \$ _____

Total Payment (please write amount) _____

Payment method (tick option)

- Cash Cheque Credit Card Bank Transfer*

If paying by credit card please supply the following:

Credit Card Type Visa Mastercard

Credit Card Number _____

Expires _____

Name of Credit Card Holder _____

Signature of Card Holder _____

*Transfer directly to bank account:

BSB: 105 011 Account Number: 075 271 440 Reference: Use Your Name)

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