

**\*NEW\***

## **HANDS ON FOR CARERS**

**Learn the simple Art of Hand Massage**

**All Carers invited**



Giving a simple hand massage to the person we care for is a wonderful way to help them feel relaxed and comforted.

Massage can also help to relieve dry skin,  
improve circulation  
and soothe swollen hands

Come along, meet with other Carers over a cup of tea or coffee and enjoy the experience of learning how to give a hand massage.

**No Appointment Necessary**

Where: Solaris Care Lounge  
When: Thursday mornings each week  
Time: 10.30 to 11.30

SolarisCare Cancer Support Centre  
*Integrated care for cancer*  
St John of God in Subiaco  
Providing a free service to cancer patients  
And their carers in Western Australia.

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