



Carers Course

3rd July 2010



Are you providing care for someone with a serious illness?

Would you like to know more about:

- Medication and managing medications
- Pain and symptom management
- Preparing simple, nutritious meals
- The best way to take care of the physical needs of the patient
- Communication skills for yourself and with medical professionals
- Exercise
- Complementary therapies—what are they and how can they help?
- Self care

Then register your interest for this informal workshop which will give you information and practical skills to help you give the best care possible.

Bookings are essential as places are limited

**When: Sat 3rd
July 2010**

**Where:
SolarisCare Cancer
Support Centre
E block, Gnd Flr
Sir Charles Gairdner
Hospital**

Time: 10 am— 4pm

**Cost: There is no charge,
but donations are
welcome**

***Lunch, Refreshments and
handouts provided***

**Please register with
SolarisCare at
Reception
(Gnd floor E block Sir
Charles Gairdner Hospital)
or phone 9346 7630**