

# Wellbeing Services Schedule: 2023

The Kay Van Norton Centre  
for  
*Wellbeing*

MONDAY		Guided Meditation	TBA	Consulting Psychology	Reflexology	Oncology Acupuncture	
	Practitioner	Caroline Bernardi		Emily Dylan	Johanna Forsyth	A/Prof Byeongsang Oh	
	Times	8am - 12pm	8am - 12pm	1pm - 5pm	1pm - 5pm	9am - 5pm	
	Location	Therapy Room 2	Therapy Room 1	Therapy Room 2	Therapy Room 1	Therapy Room 3	
Fees	\$90/60mins, \$50/40mins		\$275 / 50mins	\$100/60mins, \$60/30mins	\$250 initial / \$150-\$200 ongoing		
TUESDAY		Physio/Lymphedema	Oncology Acupuncture	Oncology Massage	Physio/Lymphedema	Counselling	
	Practitioner	Simone Paterson	A/Prof Byeongsang Oh	Rebecca Della-Franca	Natasha/Dorothy TBA	Kylie Lynch	
	Times	9.30-3.30(every 2nd Tues)	8am - 12pm	1pm - 5pm	9.30am - 4pm	1pm - 5pm	
	Location	Therapy Room 1	Therapy Room 3	Therapy Room 3	Therapy Room 3	Therapy Room 2	
Fees	\$205 initial/\$120-\$165	\$250 initial / \$200-\$150 ongoing	\$120 / 60mins	\$205 initial / \$115-\$165 ongoing	\$110 individual / \$150 couples		
WEDNESDAY		Exercise Physiology	Counselling	Auricular Medicine	Dietetics/Nutrition	Reflexology	Oncology Massage
	Practitioner	Anna-Louise Moule	Kylie Lynch	Dr Im Quah-Smith	Jane Freeman	Johanna Forsyth	Rebecca Della-Franca
	Times	8am - 4pm	9.30am - 3pm	1.30pm - 4.30pm	9am - 1pm	1.30pm-5pm	8am - 1pm
	Location	Veranda Studio	Telehealth	Therapy Room 1	Therapy Room 2	Therapy Room 1	Therapy Room 1
Fees	\$150 initial / \$90-\$120 ongoing	\$110	\$270 initial / \$135 ongoing	\$180 initial / \$90 ongoing	\$100/60mins, \$60/30mins	\$120 / 60mins	
THURSDAY	Practitioner	Physio/Lymph/Pilates	Physiotherapy/Pilates	Consulting Psychology			
	Times	Simone Paterson	Natasha Cauchi/Dorothy (TBA)	TBA			
	Location	9.30am - 4pm	9.30am - 4pm	1pm - 5pm			
		Therapy Room 1	Therapy Room 3	Therapy Room 2			
	\$205 initial / \$120-\$165 ongoing	\$205 initial / \$115-\$165 ongoing	\$275/50mins				
FRIDAY		Osteopathy	TBA	TBA	<b>Contact Us for Information &amp; Bookings</b> <b>Phone 9923 7246</b> <b>Email <a href="mailto:admin.materwellbeing@svha.org.au">admin.materwellbeing@svha.org.au</a></b> <b>Scan the QR code to book online</b> <b>Visit our website at <a href="http://svph.org.au/MaterCFW">svph.org.au/MaterCFW</a></b> 		
	Practitioner	Dr Amanda Hannaford					
	Times	8.00am-4pm		1pm - 5pm			
	Location	Therapy Room 1	Therapy Room 2	Therapy Room 3			
Fees	\$150 intial/\$125 ongoing						

Appointments are essential for all wellbeing services. Please contact us or consult our online booking calendar for current practitioner and appointment availabilities.  
Fees are current as at January 2023 and are subject to change. Please confirm our current fee schedule upon booking. Medicare or private health fund rebates apply to services. Please enquire.

# Group Wellbeing Programs Schedule: 2023

MONDAY		<b>Look Good Feel Better</b>	<b>Restorative Flow Yoga</b>		
	<b>Facilitator</b>	LGFB Volunteers	Kaye Oakley		
	<b>Times</b>	Monthly: 10am - 12pm	Weekly: 10am, 11.30am, 1.30pm		
	<b>Location</b>	Pavilion	Veranda Studio		
	<b>Fees</b>	FREE	\$15 / class		
TUESDAY		<b>Creative Wellness</b>	<b>Tai Chi / Qi Gong</b>		
	<b>Facilitator</b>	Fiona Fitpatrick	A/Prof Byeongsang Oh		
	<b>Times</b>	5 Week Program x 4 yearly	TBA		
	<b>Location</b>	Veranda Studio	Veranda Studio		
	<b>Fees</b>	FREE	\$100 / month		
WEDNESDAY		<b>Standing Strong Exercise Class</b>	<b>Wellbeing Walk</b>		
	<b>Facilitator</b>	Anna Louise-Moule	Volunteers		
	<b>Times</b>	Weekly: 9.30am	TBA		
	<b>Location</b>	Veranda Studio	Local Area		
	<b>Fees</b>	\$38 / class	FREE		
THURSDAY		<b>Group Guided Meditation</b>	<b>Restorative Flow Yoga</b>	<b>Clinical Pilates</b>	
	<b>Facilitator</b>	Caroline Bernardi	Kaye Oakley	Simone Paterson	
	<b>Times</b>	Weekly: 10.30am - 12pm	Weekly: 7.45am, 9am, 11am	Weekly: 1.15pm	
	<b>Location</b>	The Pavilion	Veranda Studio	Veranda Studio	
	<b>Fees</b>	FREE	\$15 / class	\$55 / class	
FRIDAY	<b>Facilitator</b>				<b>Contact Us for Information &amp; Registrations</b> <b>Phone</b> 9923 7246 or 0407 222 936 <b>Email</b> admin.materwellbeing@svha.org.au <b>Scan the QR code to register online</b> <b>Visit our website at</b> svph.org.au/MaterCFV
	<b>Times</b>				
	<b>Location</b>				
	<b>Fees</b>				



Some Group Programs and Support Groups vary in their delivery, whilst others are offered either weekly or monthly. Please contact us or consult our online calendar for current dates and times.

Registrations are essential for all group programs and cater only to Mater cancer patients.

Fees are current as at January 2023 and are subject to change. Please confirm our current fee schedule upon booking.