



# Carers Course



**2009**

Carers will learn about medications, communication, nutrition, pain & symptom management, exercise, complementary therapies and self care. It includes handouts.

This Course is designed for People:

- Caring for someone with a serious illness.
- Wanting practical skills and knowledge for their carer role.
- Keen to have the best possible quality of life for their family.
- Wanting to learn and share in a relaxed informal setting.

When: **Saturday : Feb 14 April 18 July 11**

**Sept 5 Nov 21**

Where: SolarisCare Cancer Support Centre  
E Block, Ground Floor, Sir Charles Gairdner Hospital

Time: 10 a.m.— 4. 00 p.m.

Cost: There is no charge, but donations are welcome

Facilitators: Jill Lawson  
Patricia Williams  
Joan Hutchings

***Lunch & Refreshments provided***

**Bookings are essential as places are limited.**

**Please telephone SolarisCare on 9346 7630**

**The Leukaemia Foundation will have a representative at the course to answer specific haematology related questions.**

**Contact Sandy McKiernan on 6241 1000**



Proudly Supported by : The Brady Foundation & The Leukaemia Foundation