

# WINDANA HEALTH & HEALING

Affordable Natural Health Care for the Whole Community

To make an appointment please contact reception on 9529 7955.

Please give at least 24 hours notice if you can't attend appointments so that someone else can benefit.

Windana Health & Healing | 88 Alma Road (cnr Chapel Street), St Kilda | 9529 7955 | [www.windana.org.au](http://www.windana.org.au)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>NATUROPATHY</b> Alisa (every 2 <sup>nd</sup> Tuesday) <b>10 am - 2 pm</b> Free for Windana clients** \$5 for post 12 months Windana clients \$15 conc \$30 full fee	<b>REMEDIAL MASSAGE</b> <b>10:15am-4:30pm</b> Free for health care card holders** \$20 – 30min concession \$40 – 1hr concession \$45 – 30min full fee \$65 – 1hr full fee	<b>ART THERAPY COMMUNITY STUDIO</b> <b>10.30am - 1pm</b> Windana clients and referrals from community FREE Oct 3, 10, 17, 24, 31 Nov 7, 14, 21, 28 Dec 5		<b>ACUPUNCTURE STUDENT CLINIC</b> <b>9.15 am – 11.30 am</b> \$5 Windana clients** \$20 concession \$30 full fee
<b>PEER SUPPORT GROUP</b> <b>1 pm – 2.30 pm</b> <b>Community Room</b> All Welcome	<b>TC Info Group</b> <b>1pm-1.45pm</b> Bookings are essential via reception		<b>OSTEOPATHY STUDENT CLINIC</b> <b>2.15 pm – 7 pm</b> \$5 Windana clients** \$15 concession \$25 full fee		
<b>REIKI</b> Sue <b>2 pm &amp; 3 pm</b> \$30	<b>ACUPUNCTURE STUDENT CLINIC</b> <b>5 pm – 7.30 pm</b> \$5 Windana clients** \$20 concession \$30 full fee		<b>YOGA</b> <b>3 pm</b> <b>Community Room</b> \$5 or gold coin donation		
<b>NA meeting</b> 7pm <b>Community Room</b>	<b>YOGA</b> <b>6.30 pm</b> <b>Community Room</b> \$5 or gold coin donation	<b>SMART RECOVERY</b> <b>6.30 pm to 8 pm</b> <a href="mailto:smartstkildavic@gmail.com">smartstkildavic@gmail.com</a> <b>Community Room</b>			

\*\*A Windana client is someone who is currently engaged or has been engaged in the last 12 months with another Windana service such as residential programs, non-residential withdrawal, counselling, family program etc.



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# Windana Health & Healing

**Our focus is to provide affordable holistic healthcare in a caring and safe environment for Windana clients and everyone in the wider community.** Windana Health & Healing provides a variety of complementary therapies to allow Windana clients to continue putting into practice some of the things they have learned or experienced while in residential withdrawal or rehabilitation. Additionally, everyone in the community benefits with access to low cost holistic healthcare.

**Acupuncture** Windana's student acupuncture clinic is staffed by TCM students as well as qualified and registered Acupuncturists from across Melbourne, under the supervision of highly trained Chinese Medicine practitioners. Clinics run on a Tuesday night and Saturday morning. The practitioners see residents staying at the Windana Drug Withdrawal House, as well as other Windana clients and community members.

**Massage** provides a healing body treatment ranging from gentle and relaxing to deep tissue tension release. Remedial therapies use specific massage techniques to treat muscular problems where there is significant pain or loss of movement, while relaxation massage uses gentle flowing movements which are designed to reduce fatigue and stress.

**Yoga** Windana's Community yoga classes are gentle enough for all to participate. Yoga may assist in restoring the natural breath, releasing tension, improving balance, strength and flexibility for both the body and the mind.

**Naturopathy** utilises herbal medicine, nutritional supplements, food as medicine and lifestyle changes. Naturopathy aims to assess, address and prevent a variety of health concerns including stress, anxiety, digestive complaints, insomnia, low energy, and immune imbalances. All Windana residents are able to access Naturopathic treatment, as well as other Windana clients and all community members.

**Reiki** is a gentle method of healing that enhances the body's natural healing ability and promotes wellbeing.

**Osteopathy** Victoria University Osteopathy students can help identify important types of dysfunction in your body. They focus on how your skeleton, joints, muscles, nerves and circulation work together to improve your health and wellbeing. Osteopathic treatment includes a diverse range of techniques such as stretching and soft tissue massage for general treatment of muscles, tendons and ligaments; along with exercise prescription and mobilisation of specific joints and soft tissues.



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