

## **ABOUT SANDRA MAQUEDA**

Sandra is the founder and President of Centre for Well-Being Foundation, previously recognized as the Cancer and Natural Therapy Foundation.

She has been a practising Social Worker since 1984, having worked in different fields: child protection; mental health, 'health education', crisis intervention and community development. Since her son's recovery from cancer in 1994, Sandra has specialized in counselling individuals diagnosed with cancer and chronic illness, bringing together the Mind/Body concept of healing into therapeutic intervention.

Sandra also runs a number of personal development courses and programs, which include courses in 'Self Esteem and Assertive training, Positive Thinking and Power of Manifestation and Spiritual development. Sandra is a trained Reiki 1 and Reiki II channel and runs a Meditation and Reiki group every Tuesday evening. She also facilitates Health and Well-Being Discussion group every month as well as a special interest group called 'Science and Spirituality Study Group.

Sandra offers a broad knowledge in 'holistic health' coupled with a high standard of professionalism achieved as a Post Graduate Degree Social Worker and respected community worker.

In 2008, Sandra was awarded Hume Council Citizen of the Year Award for her many years of contribution as volunteer. Also, in the same year she was awarded Kiwanis Club of Sunbury Citizen of the Year