

THE WESLEY HOSPITAL KIM WALTERS CHOICES PROGRAM

CALENDAR: JANUARY TO JUNE 2010



Please check the Choices Newsletter for confirmation of specific events, times and dates. Usually a reminder is sent out. RSVPs/bookings are essential for all programs and groups as it assists with catering and in the event of cancellation. Generally, no programs are scheduled during school holidays and public holidays. Contact Choices – Ph: 3232 6548, 3232 7064, 3232 7596, 3232 7092.

COMPLEMENTARY THERAPIES

Program	Day:	Start Date: Weekly from:	Finish Date: Weekly to:	Start Time:	Finish Time:	Venue
Art Class Also see "Support Groups" for details on group for those interested in art	Friday	5 February 7 May	12 March 11 June	10.00am	12.00pm	Choices Rooms
Reiki & Reflexology Individual 45 minute sessions. By appointment	Thursday	Every week – commencing 21 January		9.00am	2.15pm	Choices Rooms

EXERCISE AND REHABILITATION PROGRAMS

Program	Day:	Start Date: Weekly from:	Finish Date: Weekly to:	Start Time:	Finish Time:	Venue
STRENGTH -Exercise & Rehabilitation Program	Tuesday	2 February 13 April 1 June	2 March 11 May 13 July	9.30am	11.30am	Choices Rooms
STRENGTH - Exercise & Rehabilitation Program – Caboolture A monthly support group is incorporated into this Program. See "Support Groups" for details	Thursday	4 February 6 May	4 March 3 June	10.00am	12.00pm	Caboolture Private Hospital
STRENGTH - Exercise & Rehabilitation Program – Gold Coast Half day workshop	Thursday	29 April		10.00am	1.00pm	Cancer Council - Southport
Yoga	Wednesday	3 February	10 March	10.00am	11.30am	Choices Rooms
Relaxation & Meditation	Wednesday	17 March	28 April	10.00am	11.30am	Choices Rooms
Tai Chi	Wednesday	5 May	9 June	10.00am	11.30am	Choices Rooms
Lymphoedema Clinic By Appointment	Monday	1 st Monday of month commencing 1 February		11.30am		Choices Rooms

SUPPORT PROGRAMS

Program	Day:	Date:	Start Time:	Finish Time:	Venue
Secondary Breast and Gynaecological Cancer Group Special guest speakers and social events included	Monday 2 nd Monday of the month	8 February 8 March 12 April 10 May	10.00am	12.00pm	Choices Rooms
Sisters After Stretch – Craft Support Group	Monday 4 th Monday of the month 2 nd Saturday of the month	25 January 22 February 22 March 26 April 24 May 28 June	10.00am	2.30pm	Choices Rooms

Program	Day:	Date:	Start Time:	Finish Time:	Venue
Younger Women's Group Special guest speakers and social events included	Tuesday 1 st Tuesday of the month.	2 February 2 March 6 April 4 May 1 June	6.30pm	9.00pm	Choices Rooms
Women Who Partner Women Special guest speakers and social events included	Tuesday 4 th Tuesday of the month	23 February 23 March 27 April 25 May 22 June	6.30pm	8.30pm	Choices Rooms
Inflammatory Breast Cancer Support Group Special guest speakers and social events included	Tuesday Quarterly on 1st Tuesday of the month	2 February 4 May	12.00pm	2.00pm	Choices Rooms
Caboolture Support Group Special guest speakers and social events included	Thursday 1 st Thursday of the month	4 February 4 March 1 April 6 May 3 June	11.00am	12.30pm	Caboolture Private Hospital
Art Support Group	Friday 1 st Friday of the month	5 February 5 March 7 May 4 June	10.00am	12.00pm	Choices Rooms

MORE CHOICES

More Choices incorporates workshops, seminars and special information evenings. Information will be sent out to advise when these events are being hosted to those on the Choices Mailing List.

GYNAECOLOGICAL CANCER PROGRAM: All other Choices programs including exercise programs are designed for people who are affected by both breast and gynaecological cancers.

Program	Day:	Date:	Start Time:	Finish Time:	Venue
Gynaecological Cancer Support Group Guest speakers are invited to present on subjects of interest. Information will be sent out to advise the subject.	Tuesday Quarterly on 4 th Tuesday of the month	23 February 25 May	1.00pm	2.30pm	Choices Rooms

SPECIAL ANNUAL EVENTS

Think Pink Week Think Pink Ball Choices Gala Fashion Parade	Saturday Thursday	19 - 23 July 24 July 21 October
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Choices is a free community service regardless of where treatment has been undertaken. Anyone diagnosed with breast or gynaecological cancers can access Choices at any time during their cancer journey through diagnosis, treatment and beyond. Choices also welcomes partners, family members and support persons to obtain information and support.

Drop in or phone

Monday to Thursday: 8.30am – 4.30pm

Friday: 8.30am – 2.30pm

Breast Care Nurse /

Women's Health Nurse: 07 3232 7064

Peer Support: 07 3232 7596

Fundraising: 07 3232 6228

Frecall: 1800 227 271

