

2026 Calendar: July to December



CONTACT

PHONE: 07 3232 6548

HOURS unless by arrangement:-

- ♦ Monday to Thursday – 8.30am to 4pm
- ♦ Friday – 8.30am to 2pm
- ♦ Closed Public Holidays

WEBSITE:

Wesley.com.au/choices

EMAIL:

twh.choices@uhealth.com.au

SERVICES/TEAM: Specialist nurses with clinical, counselling, and social work experience; and peer support specialist – with expertise in decision making and psychosocial issues; and trained volunteers with personal cancer experiences

PROGRAMS: See calendar for current programs offered

CONSULTATIONS: Clinical, Counselling, decision making, peer connection and support. Appointment preferred

WIG LOAN AND HEAD COVERING SERVICE: Appointment preferred – 10am to 2pm

BREAST FORMS (PROSTHESIS) AND BRA DISPLAY: Information and decision making support. Appointment preferred

All **programs** and services offered by Choices are **free** of charge. **Parking** is also **free** and available when visiting Choices **only**.

- ♦ **Complementary Therapies** - individual one-on-one sessions
- ♦ **Exercise and Lifestyle Programs** – unless otherwise specified, all groups and sessions are for both women and men
- ♦ **Support and Connection** – sessions offering information and connection specific to cancer experiences

Available to all people affected by a cancer diagnosis whether or not they attend the Wesley Hospital.

Choices' services and programs can be accessed any time by:- appointment; drop-in; self-referral; and clinical referral.

Please contact us if you would like information about any of the programs offered; and how we can support you and your family.

The Choices' calendar and updates about new initiatives are sent to everyone who has registered with Choices. All you need to do is let us know which programs you are interested in to be included.

If you would like directions to park at Choices' Rooms, please contact us.

PLEASE NOTE: Programs are subject to change. To stay informed, please RSVP to all programs, especially face-to-face programs.

COMPLEMENTARY THERAPIES

Day	Program	Date	Time	Venue
Monday	Reiki, Reflexology, Indian Head Massage: 45 minute individual sessions. By appointment only	Ward In-patients commencing 6 July	9am to 11.15am	Wesley Hospital
Tuesday	Reiki, Reflexology, Indian Head Massage: 45 minute individual sessions. By appointment only	Ward In-patients commencing 7 July	9am to 11.15am	Wesley Hospital
Thursday	Reiki, Reflexology, Indian Head Massage: 45 minute individual sessions. By appointment only	Choices Out-patients commencing 9 July	9.45am to 2.15pm	Choices

EXERCISE AND LIFESTYLE PROGRAMS

Day	Program	Date	Time	Venue
Monday	Look Good Feel Better Workshop: Go to website https://lgfb.org.au/ to register	17 August 19 October 30 November	10am to 12pm	Choices
Monday Weekly	Pilates: 6 weeks blocks, face-to-face sessions. NB: Excluding 17 August and 30 November (see LGFB above)	3 August to 14 September 26 October to 7 December	10am to 11am	Choices
Monday Weekly	More Choices Gym Program: Introduction Group. Tailored to individual's needs. Registration required.	13 July to 17 August 12 October to 30 November (Spaces limited).	3pm to 4pm	Wesley Hospital Gym
Tuesday Weekly	More Choices Gym Program: Maintenance Group. For those who have attended Introduction Gym or Wesley Rehab Program. Registration required. Choices of 2 x timeslots. Spaces limited.	Commencing 7 July	<ul style="list-style-type: none"> ▪ 4pm to 5pm ▪ 5pm to 6pm 	Wesley Hospital Gym
Wednesday Weekly	Yoga: On-line and face-to-face sessions. Contact Choices for the on-line link	Commencing 1 July NB: Excluding EKKA 12 August	10.00am to 11.30am	Choices / On-line
Wednesday Weekly	Breathwork: Following yoga. Not necessary to attend yoga to join in.	8 July to 29 July 2 September to 23 September	11.45am to 12.30pm	Choices / On-line
Thursday Weekly	Tai Chi / Qigong: 8 weeks blocks. Face-to-face sessions.	23 July to 10 September 15 October to 3 December	10.00am to 11.00am	Choices / On-line

SUPPORT AND CONNECTION

Day	Program	Date	Time	Venue
Tuesday 1 st of the month	Advanced Cancer: Face-to-face sessions. Online options available	Commencing 7 July	10am to 12pm	Choices
Tuesday 2 nd of the month	Head & Neck Cancer: Online and face-to-face sessions	Commencing 14 July	1.30pm to 3pm	Choices / On-line
Tuesday Bi-monthly on 4 th of the month	Information Sessions: Expert presentations on selected topics. Register with Choices to stay informed	25 August 24 November	10am to 11.30am	Choices / On-line
Friday 1 st of the month	Art4Healing: Online and face-to-face sessions	Commencing 10 July	10am to 12pm	Choices / On-line
Friday 4 th of the month	Book Club: Online and face-to-face sessions	Commencing 24 July	10am to 11.30am	Choices / On-line
Saturday 2 nd of the month	Sisters Craft Group: For anyone with a love of all things craft and connection	Commencing 11 July	10am to 2.00pm	Choices