

Complementary Program Calendar July - December 2010

Complementary Programs				
Program	Day	Date	Time	Venue
Art Classes	Friday	29 October to 3 December	10.00 - 12.00pm	Choices Rooms
Reiki	Thursday	Every Week	10.00 - 3.00pm By ap- pointment	Choices Rooms
Reflexology	Thursday	Every Week	10.00 - 3.00pm By ap- pointment	Choices Rooms
Relaxation and Meditation	Wednesday	20 October to 24 November	10.00 - 11.30am	Choices Rooms
Sisters after Stretch	4 th Monday of month and 2 nd Saturday of month	26 July 23 August 27 September 25 October 22 November	10.00am - 2.30pm	Choices Rooms

**For more information on any of the programs offered by Choices
please call 07 3232 7092**

Choices is a free community services regardless of where treatment has been undertaken. Anyone diagnosed with breast or gynaecological cancers can access choices at anytime 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: 08.30am - 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

Free Call: 1800 227 271