

The Wesley Hospital Kim Walters Choices Program is a FREE community service regardless of where treatment has been undertaken. RSVPs / bookings are important for all sessions as it assists with catering and in the event of cancellation. Generally, no programs are scheduled during school holidays and public holidays.

Think Pink is the fundraising arm of the Choices Program. Annual Choices' fundraising events and the generosity of the community help raise vital funds to provide support services for women, men and their families affected by a breast or gynaecological cancer diagnosis.

Contact Details:

Breast Care Nurse /
 Women's Health Nurse: 07 3232 7064

Peer Support: 07 3232 7596

Fundraising: 07 3232 6228

Freecall: 1800 227 271

COMPLEMENTARY PROGRAMS

Program	Day	Date	Start Time	Finish Time	Venue
Art Class & Support Group 1st Friday of the month	Friday	3 February 2 March 4 May 1 June	10.00am	12.00pm	Choices Rooms
Reiki, Reflexology, Indian Head Massage Individual 45 minute sessions by appointment	Thursday	Weekly – commencing 2 February	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	7 February 1 May	28 February 22 May	9.30am	11.30am	Choices Rooms
STRENGTH - Exercise & Rehabilitation Program – Caboolture Also see "Support Groups" for details of group at Caboolture	Thursday	9 February 12 April 14 June		10.00am	12.00pm	Caboolture Private Hospital
STRENGTH - Exercise & Rehabilitation Program – North-West Private Hospital	Thursday	8 March 10 May		10.00am	1.00pm	North-West Private Hospital
STRENGTH - Exercise & Rehabilitation Program – Gold Coast	Thursday	29 March 31 May		10.00am	1.00pm	Haematology & Oncology Clinics of Australia - Gold Coast
Yoga	Wednesday	1 February	7 March	10.00am	11.30am	Choices Rooms
Pilates	Wednesday	28 March	9 May	12.30pm	1.30pm	Choices Rooms
Tai Chi	Wednesday	30 May	27 June	12.00pm	1.00pm	Choices Rooms
Lymphoedema Clinic By appointment	Monday	1 st Monday of month commencing 6 February		11.30am		Choices Rooms

SUPPORT PROGRAMS

SUPPORT PROGRAMS: The sessions for Younger Women and Women Who Partner Women are scheduled bi-monthly with *More Choices* information sessions occurring on each alternate 1st Tuesday of the month. These presentations will be useful for all age groups and provide opportunities to meet and connect with others with similar experiences.

Program	Day	Date	Start Time	Finish Time	Venue
Secondary Cancer Group Special guest speakers and social events included	Monday 2 nd Monday of the month	13 February 12 March 14 May 6 June	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	27 February 26 March 23 April 21 May 25 June	10.00am	2.30pm	Choices Rooms
Younger Women’s Group Special guest speakers and social events included	Tuesday Bi-monthly on 1 st Tuesday of month	7 February 3 April 5 June	6.30pm	9.00pm	Choices Rooms
Women Who Partner Women Special guest speakers and social events included	Tuesday Bi-monthly on 4 th Tuesday of the month	28 February 24 April 28 June	6.30pm	8.30pm	Choices Rooms
Caboolture Support Group Special guest speakers and social events included	Thursday 1 st Thursday of the month	2 February 2 March 5 April 3 May 7 June	11.00am	12.30pm	Caboolture Private Hospital

MORE CHOICES

More Choices incorporates workshops, seminars and special information sessions.

Program	Day	Date	Start Time	Finish Time	Venue
Gynaecological Cancer Information Session	Monday	6 February	10.00am	12.00pm	Choices Rooms
Current Research and Treatments Explained	Tuesday	6 March	6.30pm	8.30pm	Choices Rooms
Reconstruction	Tuesday	1 May	6.30pm	8.30pm	Choices Rooms

SPECIAL ANNUAL EVENTS

Think Pink Week 16-22 July

Think Pink Ball Saturday 21 July