



Man to Man Wellness Program

Information Sessions include:

- Exercise
- Wellbeing/Lifestyle
- Sexual health
- Survivorship
- Clinical

Week 1	Gym session with Exercise Physiologist – <i>Introduction</i>
Week 2	Gym session with Exercise Physiologist – <i>Information Session</i>
Week 3	Gym session with Exercise Physiologist – <i>Information Session</i>
Week 4	Gym session with Exercise Physiologist – <i>Information Session</i>
Week 5	Gym session with Exercise Physiologist – <i>Information Session</i>
Week 6	Gym session with Exercise Physiologist – <i>Information Session</i>

Date: 2 September to 7 October

Time: 5pm – 6.30pm

Spaces limited. RSVP essential.

Sessions free. Parking free.

All Choices' programs are offered to both women and men unless otherwise stated. During COVID-19 restrictions the Man to Man Wellness Program is offered specifically for men diagnosed with cancer.

Contact Details: P 07 3232 6548 E choices@uhealth.com.au W wesley.com.au/choices