The Wesley Hospital Choices Cancer Support Centre, located in the historic Drysllwyn House in Auchenflower, offers a calm, caring and safe place for anyone affected by a cancer diagnosis. Here at Choices, patients, family members and carers receive support and information to meet their needs from diagnosis through to treatment and beyond.

This unique, free community service is backed by surgical, oncological and allied health services provided by The Wesley Hospital in Brisbane.

Through Choices you can access a year-round program of events and education for men and women which include the following:

**STRENGTH Program** - this four week program combines a physiotherapy component and information on survivorship, understanding diagnosis and treatment, and nutrition.

**Sisters Support Group** – for those who enjoy arts and crafts.

**Ageless Grace** – an innovative exercise program performed sitting down. This encourages different use of the body and can help with cognitive function and core strength.

**Man to Man** – information sessions for men who support those with cancer. Focuses on helping men cope with the challenges of supporting a loved one.

**Art4Healing** – offers support and connecting with others through art.

**Peace Place** – is a time set aside to find inner peace and connection. Facilitated by the Wesley chaplain service.

**Complementary therapies** – include reiki, reflexology and head massage. Individual sessions are 45 minutes. Bookings essential.

**Choices Walking Group** – facilitated by an exercise physiologist. Enquire about when our next walk is scheduled near you.

**SPECIALIST CLINICS**

**Physiotherapy clinic** – first Monday of the month. By appointment only. Offers individual consultation with a physiotherapist concerning lymphoedema and issues arising from cancer surgery.

**Wig loan and turban service** – 10am-3pm. Appointment preferred. A comprehensive selection of wigs are available to borrow. Turbans available free of charge and to purchase.

**Breast forms, bra fitting, lingerie and leisure wear** – 9.30am-3.30pm Monday-Friday and 9am-12pm Saturday. Appointment preferred. Service provided by Tracey G Prosthetic & Lingerie. Information available regarding all fitting services.

Please check our website wesley.com.au/choices for calendar updates, changes and upcoming events. Or feel free to call us on 1800 227 271 or 3377 9874.

Drystwyn House, 47 Cadell Street, Auchenflower, QLD 4066
PO Box 499 Toowong, QLD 4066
choices@uchealth.com.au
wesley.com.au/choices