



Whats on in Cancer Care

Wellness

Information

Support

The Wellness Centre is open Mondays, Wednesdays, and Fridays from 9.00am till 4.30pm.

To ensure that everyone can enjoy the space and to keep everyone safe:

- There is 45-minute time limit & group sessions are limited to a maximum of 8 people.
- N95 masks must be worn at all times & the consumption of food or drinks is not permitted.
- To contact the Wellness Centre, call 03 9496 3799 or email wellness@austin.org.au

Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
WC OPEN	WC CLOSED	WC OPEN	WC CLOSED	WC OPEN
Exercise Physiology 8.30am - 4.00pm	Exercise Physiology 8.30am - 4.00pm	Exercise Physiology 8.30am - 4.00pm	Exercise Physiotherapy 8.30am- 4.00 pm	Exercise Physiology 8.30am - 4.00pm
Clinical Psychology 9.00am -4.30pm		Clinical Psychology 9.00am-4.30pm		
		Medical Acupuncture 9.00am- 5.00pm		
	Mum's the Word: for Women with young children, busy lives & brain tumours 4th Tue of month 10am Online	Brain Tumour Support Group 2nd Wed of month 10.30am - 12pm F2F		
Coping with the psychological impact of cancer Group 11.00am - 12.00pm F2F	Coping with the psychological impact of cancer Group 10.00am - 12.00pm Online	Brain Tumour Education Session 4th Wed of month 10.30am Online		Art Therapy Open Studio 1.00pm-3.00pm F2F & Online
Exercise Physiotherapy 1.30pm - 4.30pm		Art Therapy Open Studio Session 1 1.00pm-3.00pm F2F		
Oncology Massage 1.30pm-4.30pm	Caring for someone with Brain Cancer: Carers Forum 3rd Tue of month 4.00pm - 5.30pm Online			F2F = Face to Face
SUPPORTIVE CARE PROGRAMS				
Aboriginal Health Service	Art Therapy	Brain Tumour Support Service	Cancer Information Resources	Cancer Council 13 11 20
Cancer Wellness Program	Exercise Physiology	Look Good Feel Better Program	Managing Cancer Program	Mindfulness
Music Therapy	Oncology Massage	Prostate Cancer Specialist Nurse	Sexual Health Service	Spiritual Care

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