



# "I want to be healthy @ walk"

## "我要健康@走兼跑"

郭凯丽 (活动与关怀经理) 起笔

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走兼跑对健康的人来, 接近四公里(4km)的路程一点都不困难, 二十或卅分钟就跑到尽头了。但对罹患癌症的生命斗士们来说, 它可是一项考验耐力和吃力的运动。

为什么要举办这个活动呢? 刚刚过了华人农历新年, 为了帮助生命斗士迎接新的一年2017的到来, 365防癌教育协会与圣安德烈社区服务联办了一项主题为“我要健康@走兼跑”的运动, 带动了127位的生命斗士和居民参与。

癌症病患者无论是在手术、化疗或电疗之后, 渐渐就比较甚少甚至没有运动, 人因此就会变得更加疲累, 体力也就会下降, 因此, 举办当局盼望透过这一天, 带着生命斗士和家人走出户外, 一方面运动, 另一方面也能疏解紧张情绪和调理身体。

在一个风和日丽二月十八日星期六的早上八点卅分, 大家聚集在东海岸C2停车场的草场。点名之后, 九点钟由明淑霞老师和九位的排毒操老师们, 带着大家一起作365淋巴排毒操和有氧舞蹈。两项的运动大约用了一个多小时的时间进行, 每一个人都流了满身大汗, 感觉非常的舒服, 红润的脸上露出了笑容, 生命斗士互相交流, 足进了彼此之间的友谊。

膳用热烘烘的面包和矿泉水之后, 休息了一会儿, 下一个活动就是生命斗士开始挑战走向将近四公里(4km)的路程了。主持人高喊着“大家预备好了吗? 我们开始出发啦!”, 一行127位在圣安德烈社区服务的负责人符致明(牧师)和365防癌教育协会的詹顺祥会长陪同之下, 往前迈向四公里的第一炮!

为了能照顾生命斗士们的安危, 举办当局总共安排了十组, 一组大约8-10位的生命斗士, 每一组设有两位组长陪同、四位专业护理员随时可以照顾生命斗士在身理上的需要、租了两辆的三轮车随时载那些走到半途或走不下去的生命斗士, 可以把他们载到终点、三位同工各自骑着自行车在四公里之内来回巡逻, 以关注每位在步行中的安全以及平安抵达终点。

一路上看著生命斗士, 有的一面步行一面聊天、有的彼此扶持着、有些则默默往前步行, 看见他们的坚强, 就如他们在这抗癌的路程中, 不向疾病低头, 勇敢和坚强的走下去。

大约十一点半左右, 每一组凯旋的完成了四公里的路程, 集合在终点, 再来个大团体照, 每一个人的脸上都充满的喜悦和摆出了得胜的手势、兴奋异常!

生命在于运动、长生在于运动! 整个过程大家都非常的喜悦, 并且期待著下一个户外活动的到来!

A 4km jog is not a tough job for healthy individuals as it only takes 20 to 30 minutes of jogging. However, it can take a lot of endurance and can be a laborious struggle for cancer warriors.

To celebrate the end of Chinese New Year and a new beginning of 2017, 365 Cancer Prevention Society and St Andrew's Community Centre have jointly organized the activity "I Want To Be Healthy Walk". This event was well received and have attracted 127 cancer warriors and nearby residents.

Cancer patients often feel weak and tired after going through multiple sessions of surgeries, chemotherapies and electrotherapies. The organisers hope to encourage these cancer patients and their families to step out of their house for an exercise to help relieve them from stress and to improve their physical conditions.

It was a bright sunny Saturday morning on 18 Feb. As everyone gathered on the grassland of East Coast Park, Ms Ming Sook Ha and 9 other teachers led everyone with the 365CPS Lymphatic Detox Exercise and Dance. Not only did the work out made everyone perspire, it was also a refreshing and happy bonding session as the cancer patients interacted with one another and had a good time together.

After a short break of light refreshments, we proceeded with the next activity, the 4-km walk! With great excitement, the emcee kick started the walk together the 127 participants accompanied by Rev Foo Chee Meng, Pastor, Chinese Congregation for St Andrew's Community Chapel and Rev Eric Chiam, President of 365CPS.

To ensure that the patients are well taken care of, the organizers have arranged the members into groups of 8-10 with 2 leaders assigned to each group. 4 medical professionals and 2 tricycles were travelling around the vicinity to provide alternative transport for patients who had difficulty finishing the whole journey. 3 of our staff also patrolled to and fro by bicycle to ensure that everyone can reach the endpoint safely.



Watching the entire journey was heart-warming as everyone was helpful to support one another- their journey to fight against cancer is akin to the 4km walkathon; much determination and willpower were needed to keep the fight on.

All groups successfully finished their 4km journey at around 11:30am and gathered at the endpoint to take a group photo. Everyone gestured the sign of victory and was full of joy and excitement when they could complete the walkathon! Everyone was joyful throughout the whole journey and look forward to the next outdoor activity!

# 郭译嫔

我是郭译嫔，以前是一名会计师。我选择在365防癌教育协会当义工，因为我想在自己还有能力的时候回报社会，帮助那些有需要的人。在这一年半期间我一直在协会的日间活动中心的厨房帮忙。



食物制备是一个非常有趣的过程，我从中受益，并且了解了食物的营养价值和癌症患者饮食疗法。

我真的希望他们能享受我们所提供给他们食物和照顾。

义工必须时刻准备适应新的文化，懂得团队合作，与其他义工的协调。

如果有一个开放的心态，持续的学习态度和理解他人的初衷，我们就能克服限制。

人类的精神比任何外力强大。我们要保持乐观，积极，奋斗的精神。告诉自己你是一个了不起的人！

## VOLUNTEER STORIES:

# Christina Kwok

I am Christina Kwok, previously worked as an accountant. I choose to volunteer at 365 Cancer Prevention Society as I want to give back to the society and to the people in need while I still have the ability to. I have been volunteering for one and a half year as a helper in the society Day Activity Centre's kitchen.

Food preparation is a very interesting process that I benefited from, as well as learning about food nutritional value and food therapy for those cancer fighting patients.

I really hope they can enjoy the food and care we provide to them.

Volunteers must be prepared to adapt to the new culture, as well as team work and coordination with the rest of the volunteers.

With an open mind, continuous learning and understanding will overcome these limitations.

The human spirit is stronger than anything that can happen to it, always stay optimistic, positive and continue to fight on. You are one amazing human!



Christina Kwok

# 张秋菊

我的名字是张秋菊，今年65岁。我是个家庭主妇。我想当义工是为了打发时间和多学点东西。我第一次当义工就在365防癌教育协会，已经一年多了。我是在日间活动中心的厨房当义工。

在当义工的过程，收获很多比如跟主厨学做生菜沙拉，煮清甜的汤类还有色香味美的佳肴。我也交到很多新朋友。看到病友们吃得健康和渐渐地恢复他们的体力，我觉得很安慰。

看到他们在化疗的时候很辛苦，我也觉得很心酸。我看到我的家人也吃得健康还能教亲友们煮健康的食物就是我最享受。

希望大家也能拨出一点宝贵的时间，献出爱心为社会服务，感恩。坚强的病友们，要放松心情，勇于抗斗，明天会更好。加油！



## VOLUNTEER STORIES:

# Teo Chiew Keok

My name is Teo Chiew Keok. I am 65 years old, a housewife. I want to be a volunteer to make use of my free time and learn something new.

I have been a volunteer in 365 Cancer Prevention Society for more than a year and it is my first volunteering experience. I helped in the kitchen at the Day Activity Centre. I gained a lot through volunteering. I learned from the head chef how to make lettuce salad, soup, and other healthy and delicious dishes.

I have also made many new friends. It is very comforting to see the patients eat healthily and gradually recovering their physical strength. I feel sorry for those who had to go through chemotherapy. It was tough experience.

Therefore, I try to recommend my family and friends to cook healthy food. It is very rewarding to see them develop healthy eating habits. I hope we can all set aside some time and contribute to community service, with a thanksgiving heart. To strong cancer fighters: Relax, be courageous and tomorrow will be brighter.



Teo Chiew Keok



# 陈明珠

我是陈明珠，今年73岁，是个退休人士。

因着想帮助人，我就这样在去年三月，到365防癌教育协会当义工，如今已经一年了。

我选择在厨房当义工，工作就是帮助两位主厨。厨师要我们做的，我都会帮，洗菜，切菜，洗碗碟等等。

早上厨房是相当繁忙，短短几个钟头，要准备好饭，两菜一汤，十点时还要一次果汁，所以人手不够时是相当紧张，所以工作一开始就无法停下来，一直忙到厨师把菜肴煮好，十二点钟送到病人面前，病人享受美味佳肴时，我们才算暂时松了一口气。看到病人吃得开心，我也开心，一切辛苦都值得了。

我很庆幸，与两位厨师，同工们和其他义工们都能和睦相处。虽然工作很忙碌，大家不分彼此，尤其我们一起用餐时，有说有笑，也很享受。

当义工的一年内，我也获益不少，学习到要如何吃才是健康，如何煮健康食物。有了这常识，我也可以煮健康食物给家人吃。

我鼓励大家能够利用自己空闲的时间来365防癌教育协会当义工，既可以帮助别人，自己从中学习，助人为快乐之本，这是很有意义的事。



Tan Beng Choo

## VOLUNTEER STORIES:

# Tan Beng Choo

I am Tan Beng Choo, 73 years old and a retiree.

I joined 365 Cancer Prevention Society last March with the purpose to help people. It has been a year now.

I choose to volunteer in the kitchen to assist two head chefs. I will help to cut and wash vegetables, clean the dishes and etc.

We are very busy in the morning. We need to prepare rice, two dishes, and a soup for all the patients in a few hours. There is an additional serving of fruit juice around 10am. Therefore, we will have a lot to do when we are shorthanded. Once we start preparation, there will be no break until the chefs finished all the cooking and served the food to the patients around 12pm. We feel relieved when we see the patients enjoying the food. It felt like all the hard work is worthwhile.

I am glad that I can work well together with the two chefs, co-workers in 365 Cancer Prevention Society, and fellow volunteers. Although everyone is busy working, we engage each other in spite of our differences especially when we are having meals, we chat and laugh like a family.

I benefited a lot during the past year of volunteering and learned how to cook and eat healthily. This knowledge enables me to provide healthy food for my entire family.

I encourage everyone to use their free time to volunteer in 365 Cancer Prevention Society. It is beneficial to the patients and to themselves. Helping others is the root of happiness. This is so meaningful.



PATIENT STORIES:

# Susan 蔡苏珊

我叫蔡苏珊。在2012年8月的时候，我被诊断为第二阶段初期的乳腺癌。做了手术，然后接受了16次化学疗法（化疗）和33次放射线疗法（放疗）。之后的两年半里，我在我的肿瘤医生那里做了一系列的检查。2015年一月我在国外的時候注意到自己喉咙附近有一个肿块，那个时候我的老公在发廊理发。我还记得那天照镜子的情形。当我抬头的时候肿块是那么的明显。我那个时候感觉很不好。我的内心深处一直有一个恐惧，那就是癌症的复发。

很快我在国立大学医院专科看了一位专家。经过一系列的测试后，确诊我的乳腺癌复发了。这一次，癌细胞转移到了很多地方。从乳房，到肺，盆腔，骨头，淋巴结，甚至脑部。癌症到了第四期。在新年伊始的时候听到这样的消息是多么令人沮丧阿！

很快我就被安排做了一个针对性的放射性疗程来去除脑部的三处肿块，之后又做了一次化疗。一个月以后，我做了一次核磁共振检测。这次检测显示我的脑部有很多的小的肿瘤，这使得放射性疗法难以施行因为小的肿瘤已经太多了。

我只有最后一个选项就是对整个脑部的放疗。显然，这对身体会有副作用，尤其是对大脑。最严重的就是思考能力的退化。慢慢地，我的分析思考问题的能力会严重的受到了影响。然而，放射线专家要求我尽快的开始治疗，考虑到我的问题的严重性。我没有时间犹豫。

因为需要脑部的放疗，身体的化疗需要推迟一整个月。我问医生在我做脑部放疗的时候，身上的肿块会怎么样？她回答说：“只能希望它别恶化了”。多么令人伤心阿！

我真的完全不知所措。我感觉到希望如此的渺茫，但是上帝知道。我和我的丈夫讨论，决定第二天去看另一个医生，听听其他的意见。第二天一早我打电话给诊所要求见医生。那个医生也认同我的情况不乐观。然而，他给了不同的建议。他建议我不要去做放疗因为那会对我的身体损害太大。他说除非完全没有其他办法，放疗不会是他的首选。

很快地经过几个测试后，我在这个诊所开始了化疗。得知我不需要做全脑的放疗真的很不可思议，因为整个治疗过程发生了极大的变化。从那开始，我的病情得到了控制。从最开始150的癌症指数降到了最近的6！

很感恩我仍然可以正常生活。现在我可以吃可以睡，可以工作和旅行。每当我想到在这样的处境下我还可以过一个正常的生活的时候，我的内心充满了感激。我感谢上帝。感恩我的身体可以对药物有积极的反应，感恩我的家人，教会，朋友，老板，同事，和365防癌教育协会。虽然我很少有时间参加365防癌教育协会的活动，他们委派员工定时来看我。我最感谢Esther 一活动与病友关怀部主任，花时间过来还带了很有帮助的资料。因为他们，我的抗癌的征程变得轻松了许多。感恩上帝把他们放在我的生命里。

如果你问我现在还有什么挣扎，我能想到一点就是医生没有给我一个明确的结束治疗的时间。事实上，他暗示我疗程可能要持续很长一段时间。我现在44岁，很难想象自己未来的二十，三十年都要这么过。考虑到治疗对我身体的影响，有时候想要完全治愈的迫切心情让我筋疲力尽。但是靠着信心，我选择相信好的事情终将会发生。我期待着自己最终克服癌症和痊愈的那一天！

My name is Susan. I was first diagnosed with stage 2A breast cancer in August 2012. I had a surgery done. Followed by it was a series of chemotherapy and radiation. I did about 16 cycles of chemotherapy and 33 rounds of radiation. Thereafter, I went through a series of follow-up checks with my oncologist for about two and a half years. In January 2015 during an overseas trip, I noticed a lump near my throat while my hubby was having a haircut in a salon. I still remembered seeing myself in the mirror that day. The lump was so obvious when I lifted up my head. I did not feel good then. Somehow deep down in my heart, I had this fear. The fear of the re-visitation of cancer.

Soon, I saw a specialist in NUH. After a series of tests, it was confirmed that I had a relapse of the breast cancer. This time, it has spread to many places. From the breast, it went to the lung, pelvis, bones, lymph nodes and to the brain. It is at 4th stage. What a depressing news to begin a new year.

Shortly I was scheduled for a targeted radiation over the brain to remove 3 spots there. After that I went through 1 cycle of chemotherapy as well. A month later, I was scheduled for a MRI on the brain. This round of test showed that there were many tiny spots (cancerous cells) in the brain. This makes it quite impossible to have the targeted brain radiation since there were too many of them.





## PATIENT STORIES: Susan 蔡苏珊

I was left with only one option of doing radiation to the whole brain. Certainly, it will lead to some side effects to my body, especially the brain. The most severe one would be a degeneration to one's thinking abilities. The analytical thinking skills will be greatly compromised over time. However, the radiologist urged me to start the treatments early, considering the severity of my condition. I did not have the luxury of time to consider.

Due to the need to start off with the radiation of the whole brain, the chemotherapy to the body has to be delayed to a month later. I asked the oncologist what may happen to my body while they treat my brain. She simply answered, "Let's hope that it won't get worse". How depressing!

I was completely at a loss. I felt so hopeless but God knew. My husband and I came to a conclusion. We decided to go for another opinion the next day. Early the next morning, I called the clinic and asked to see the doctor. The doctor agreed that the prognosis of my condition was not good. However, he took a different approach. He advised that I should not go for the radiation of the brain as it will be very detrimental to my health. This will not be his first resort, unless I am left with no other options.

Very quickly, I was put to a few tests that day and the next day I started the chemotherapy treatments in this clinic. From a need to do a whole brain radiation to do without in the end is mind blowing because the whole

event took a drastic turn. Since then, my condition is under controlled. From a cancer marker reading of about 150 at the onset, it has dropped to about 6 recently.

I have to admit, there is quality in my life. In my current state, I can still eat, sleep, work, and travel. Whenever I ponder over my condition and seeing myself still able to live a life normally, I am filled with gratitude. I am thankful to God. Thankful that my body responded to the drug. I am also thankful for the love and support I received from my family members, church, friends, bosses, colleagues and 365 Cancer Prevention Society ("365CPS"). Although I hardly have the time to join the activities arranged by 365CPS, they have sent staff to visit me on a regular basis. I am particularly thankful to Esther, Events & Patient Care Executive, who took her time to come by and brought materials that are helpful to me. My journey battling with cancer became a whole lot easier with them around. I thank God for putting good people around me.

If you ask if I have any current struggle, I think there is one. The doctor did not give me a specific time frame to end the treatments. In fact, he implied that I may have to continue the treatments for a long period of time. At the age of 44, I cannot imagine myself going through such treatments for the next 20 or 30 years. As I consider the impact of such treatments on my body, the waiting to be completely healed wear me out at times. But with faith, I would choose to place my hope in the good that is coming. I look forward to the day when I am fully healed and cancer free.

DDDP is a donation programme designed to encourage individuals in giving small donations to contribute in 365CPS's cancer fighting efforts and activities on a regular basis. 365CPS would like to specially thank the following DDDP Event Site Sponsors who have generously provided their venues for our various roadshows:



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# Eggplants

- ideal anti-cancer vegetable

Eggplants can be cooked using both vegetarian and non-vegetarian recipes. They can be grilled, barbequed, steamed, and boiled. It is also served fried, or made into salad or soup. It is advised not to peel the skin of eggplants, which contains vitamin B that supports the metabolism of vitamin C. Therefore eating eggplants with their skin helps the absorption of vitamin C. Studies have shown that the anti-cancer activity of eggplant skin is very strong, with its effectiveness even higher than the anti-cancer drug interferon.

Eggplants are recommended to be served with bitter gourds. Bitter gourds have the effects of relieving fatigue, clearing eyesight, Qi nourishing and anti-aging. On the other hand, eggplants help to relieve pain and promote blood circulation; eliminate extra heat and swelling; improve urination; prevent blood vessel rupture; reduce blood pressure and prevent coughing up blood. Eggplants served with bitter gourds are the ideal dishes for cardiovascular patients.



## 茄子

### 茄子——抗癌佳蔬

茄子的吃法荤素皆宜，既可炒、烧、蒸、煮，也可油炸、凉拌、做汤。吃茄子最好不要去皮，因为茄子皮里面含有维生素B，维生素B和维生素C是一对好搭档，维生素C的代谢过程中需要维生素B的支持，带皮吃茄子有助于促进维生素C的吸收。有研究发现茄子皮抗癌活性最强，其效力甚至超过了抗癌药物干扰素。

与苦瓜同食，苦瓜有解除疲劳、清心明目、益气壮阳、延缓衰老作用。而茄子具有去痛活血、清热消肿、解痛利尿及防止血管破裂、平血压、止咳血等功效。二者搭配食用，是心血管病人的理想菜。



## 糙米

糙米是指脱去谷壳，保留其它各部分的制品；精制大米是指仅保留胚乳，而将其余部分全部脱去的制品。由于稻谷中除碳水化合物以外的营养成分大部分都集中在果皮、种皮、外胚乳、糊粉层和胚中，因此糙米的营养价值明显优于精制大米。随着营养科学知识的普及，糙米已越来越受到人们的重视和喜爱，并被视为“文明病”的克星，一股食用糙米热潮正在逐步形成。

## Brown rice

Brown rice is whole grain rice, with the inedible outer hull removed; refined rice is the same grain with the hull, bran layer and cereal germ removed, retaining only the endosperm. As most of the minerals, vitamins, dietary fibre and other beneficial nourishment from rice is found in the bran and germ layers, brown rice is far superior than refined rice in nutritional value. As society gets more enlightened about diet and nutrition, brown rice is gaining popularity. This is especially so due to greater awareness of the role of brown rice is countering the “diseases of civilization”.



# 炒莲藕 (4人份)

## 用料:

|     |              |
|-----|--------------|
| 嫩莲藕 | 300克         |
| 鲜香菇 | 3朵           |
| 木耳  | 3朵 (泡软, 切小块) |
| 红萝卜 | 100克 (切片)    |
| 姜丝  | 1汤匙          |

## 调味:

|      |       |
|------|-------|
| (A)  |       |
| 水    | 500毫升 |
| 糙米醋  | 1汤匙   |
| (B)  |       |
| 有机酱油 | 少许    |

# Fried lotus root (4 servings)

## Ingredients:

|                   |                                           |
|-------------------|-------------------------------------------|
| Tender lotus root | 300g                                      |
| Fresh mushrooms   | 3                                         |
| Fungus            | 3 (soak to soften, cut into small pieces) |
| Carrot            | 100g (sliced)                             |
| Shredded Ginger   | 1 tablespoon                              |

## Seasoning:

|                    |              |
|--------------------|--------------|
| (A)                |              |
| Water              | 500 ml       |
| Brown rice vinegar | 1 tablespoon |
| (B)                |              |
| Organic soy sauce  | a little     |

## 做法:

1. 莲藕去皮切薄片, 用 (A) 水与白醋浸泡5分钟, 沥干水分。
2. 适量橄榄油炒姜丝、莲藕、泡软木耳和红萝卜片, 约2-3分钟, 加入有机酱油炒匀即可。

## Method:

1. Peel the lotus root and cut into slices. With (A) water and white vinegar, soak for 5 minutes and drain the water.
2. Use proper amount of olive oil to fry ginger, lotus root, soaked fungus and carrot slices, for 2-3 minutes. Then add organic soy sauce and stir well.

## 食材营养特色:

- 莲藕清热润肺, 在肺癌患者出现吞咽困难时, 是不错的选择。另外, 肝癌患者吃莲藕能够缓解口干症状, 还能起到利尿的作用, 是清淡饮食中的不二之选。莲藕不但能补充癌症治疗后所需的营养和体力, 煮熟食用还能补充铁质; 另外, 体质偏热的人生吃莲藕可以凉血, 改善血热型失眠和盗汗。
- 香菇: 香菇多糖能增强细胞免疫能力, 从而抑制癌细胞的生长
- 黑木耳: 具有显著及抗肿瘤活性。
- 红萝卜: 胡萝卜中的胡萝卜素转变成维生素A, 有助于增强机体的免疫机能, 在预防上皮细胞癌变的过程中具有重要作用。胡萝卜中的木质素也能提高机体免疫机制, 间接消灭癌细胞

## Nutrition of Ingredient:

- Lotus root helps to clear heat and moisten the lungs. It is a good choice for lung cancer patients with dysphagia. Liver cancer patients can eat lotus root to relieve dry mouth symptoms. It is also diuretic and therefore a top choice for a light healthy diet.
- Lotus root not only supplements the nutrition and energy for patients after cancer treatment, but also replenishes iron when cooked. For people who have extra heat in their body, eating raw lotus root can cool the blood and improve blood-heat insomnia and night sweats.
- Shiitakes: lentinan is anti-tumour, and has effects on lung cancer, breast cancer, stomach cancer, colorectal cancer, rectal cancer and uterus cancer.
- Black fungus: remarkable anti-tumour activity
- Carrots: the carotene in carrots can transform to vitamin A, which can help improve human immune system, and plays an important role in preventing the epithelial cell carcinogenesis. Xylogene in carrots can also improve the body immune system, and can eliminate cancer cells indirectly.

## 近期活动 UPCOMING EVENTS

### 四月份

1/4 – 健康讲座于圣安德烈社区医院  
6/4 – 爱心午餐于武吉巴督  
15/4 – 爱心午餐于劳明达  
22/4 – 爱心午餐于365CPS 协会

### 五月份

4/5 – 爱心午餐于武吉巴督  
6/5 – 健康讲座于圣安德烈社区医院  
20/5 – 爱心午餐于波东巴西  
20/5 – 爱心午餐于劳明达  
27/5 – 爱心午餐于365CPS 协会

### 六月份

1/6 – 爱心午餐于武吉巴督  
3/6 – 健康讲座于圣安德烈社区医院  
17/6 – 爱心午餐于劳明达  
24/6 – 爱心午餐于365CPS 协会

星期一：有氧舞蹈，舞蹈疗法  
星期二：中医门诊，绘画课程  
星期三：生命加油站，烹饪课程，辅导  
星期四：形象打造，辅导  
星期五：中医门诊，绘画疗法

活动会有变动。若需要更多详情，请联络协会。谢谢！

### April

1/4 – Health talk @ St Andrew's Community Hospital  
6/4 – Love Lunch @ Bukit Batok  
15/4 – Love Lunch @ Lavender  
22/4 – Love Lunch @ 365CPS

### May

4/5 – Love Lunch @ Bukit Batok  
6/5 – Health talk @ St Andrew's Community Hospital  
20/5 – Love Lunch @ Potong Pasir  
20/5 – Love Lunch @ Lavender  
27/5 – Love Lunch @ 365CPS

### June

1/6 – Love Lunch @ Bukit Batok  
3/6 – Health talk @ St Andrew's Community Hospital  
17/6 – Love Lunch @ Lavender  
24/6 – Love Lunch @ 365CPS

Monday – Bong Bong Detox, Dance Therapy  
Tuesday – TCM Consultation, Art Class  
Wednesday – Support Station, Cooking Class, Counseling  
Thursday – Image Makeover, Counseling  
Friday – TCM Consultation, Art Therapy

Programmes are subject to changes. Pls contact the society for the specific details. Thank you!

## 365淋巴排毒操

|                                                                                                               |                                                                                      |                                                                                                |                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>Ang Mo Kio Town Garden West (Opp. AMK Community Library)</b><br>Tue to Sat, 6.30am<br>Helen @ 9655 0709    | <b>639 Bedok Reservoir Rd</b><br>Badminton Court<br>Thu, 8pm<br>Bok Soon @ 9679 1686 | <b>Bishan Park</b><br>Mon to Fri, 6am<br>丽清 @ 9171 1144                                        | <b>6 Potong Pasir Ave 2 S358361</b><br>Every Saturday, 9.10am<br>(Except 1 <sup>st</sup> Sat of the month) 杨承瑛@9002 2322 |
| <b>Bukit Gombak Stadium</b><br>Mon to Sat, 7am<br>美美 @ 92250303                                               | <b>Commonwealth Field</b><br>Mon to Sat, 7am<br>Flossie @ 8198 9218                  | <b>98 Dover Road</b><br>Sat, 9.30am (2 <sup>nd</sup> & 4 <sup>th</sup> week)<br>利雄 @ 9277 5529 | <b>Hong Lim Park</b><br>Mon, 6.15pm<br>丽清 @ 9171 1144                                                                    |
| <b>440 Pasir Ris Dr 4</b><br>Badminton Court<br>Mon & Thu, 7.15am<br>Bok Soon @ 9679 1686                     | <b>704A Pasir Ris St 72</b><br>Mon to Fri, 7.30am<br>Hai Wee @ 9451 1907             | <b>106 Simei St 1</b><br>Street Soccer Court<br>Tue & Fri, 7.15am<br>Judy @ 9799 3948          | <b>149 Simei St 1</b><br>Badminton Court<br>Mon to Fri, 7.45am;<br>Sat, 7.15am<br>Bok Soon @ 9679 1686                   |
| <b>494C Tampines Ave 9</b><br>Void Deck<br>Mon to Sat, 7.30am<br>Bok Soon @ 9679 1686                         | <b>Tampines North East CC</b><br>Wed, 8.30pm<br>Leonard @ 9654 2760                  | <b>257 Tampines St 21</b><br>Mon to Fri, 7.20am<br>except Thu; Wed, 8.30pm<br>淑霞 @ 8288 4679   | <b>Bedok Reservoir Park</b><br>Monday to Friday (Except Thursday), 7.50am, 翠玲 @ 90045360                                 |
| <b>9 Toh Yi Drive</b><br>Mon to Fri, 6am (Garden);<br>Sat, 6am (Basketball Court)<br>Wong Lan Hiang@ 97940076 | <b>407 Yishun Ave 6</b><br>Mon to Fri, 6.30am<br>丽芳 @ 9878 5513                      | <b>Blk 9 Holland Avenue</b><br>Every Tuesday 8pm<br>Monica @ 98292387                          |                                                                                                                          |

## 关于我们

365防癌教育协会是一个被政府承认的社区慈善机构，也是一个以“防癌”和“抗癌”为中心的机构。

“防癌”，就是通过传达健康资讯和鼓励运动，教导大众过一个健康的生活。

“抗癌”，就是与病患及其家属并肩作战，通过食疗、调整生活起居以及控制情绪，来增强病患体内免疫系统，促进身心灵的健康。

365防癌教育协会是从“身、心、灵”三个方面入手，缺一不可。目前，协会开设的服务包括运动指导，如排毒操和有氧舞蹈、食疗实践、心理辅导以及心灵关怀四大项目。

## ABOUT US

365 Cancer Prevention Society is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

Our mission is to serve the community through cancer prevention measures. This is accomplished through health and nutrition education, promotion of healthy lifestyle and lymphatic detox exercise programs.

We also provide practical and emotional support and care for patients and their family members in their battle against cancer through residential and hospital visitations, counseling and therapy services.

As a non-profit organization, 365 Cancer Prevention Society depends on public donations to fund all its services and programs.

### 顾问团

名誉顾问：张御寒博士  
法律顾问：吴微良先生，钟通昌先生

### 管理层

执行长：蔡德森先生  
财务与行政经理：陈美珍小姐  
活动与服务经理：郭凯丽小姐  
社区服务经理：朱琦小姐  
宣传高级主任：陈珮珊小姐  
义工管理主任：吴莉诗小姐  
副筹款经理：蔡顺财先生  
营养师：刘慧敏小姐

### 执行委员团

会长：詹顺祥牧师  
副会长：谢松兴先生  
秘书：陈树基先生  
财政：赖顺源先生  
内部审计：萧子强先生  
副秘书长：袁泉芳医生  
副财政：黎文鸾小姐  
委员：周志强先生，丘主恩牧师，林家明教授，潘秀霞小姐，刘万康先生

### ADVISORS

Patron: Mayor (Dr) Teo Ho Pin  
Legal Advisor: Mr Wu Yu Liang, Mr Choong Thung Cheong

### MANAGEMENT STAFF

Executive Director: Mr Ben Chua  
Finance & Admin Manager: Ms Arlinda Chen  
Programs & Services Manager: Ms Kelly Kuo  
Community Service Development Manager: Ms Choo Qi  
Senior Executive (Publicity): Ms Tan Peixian  
Volunteer Management Executive: Ms Alicia Ngo  
Assistant Fundraising Manager: Mr Ashua Chua  
Nutritionist: Ms Jasmine Low

### EXECUTIVE COMMITTEE

President: Rev Eric Chiam  
Vice President: Mr James Chia  
Honorary Secretary: Mr Tan Soo Kee  
Honorary Treasurer: Mr Lye Soon Ngian  
Honorary Assistant Secretary: Dr Raymond Yuen  
Honorary Internal Auditor: Mr Joshua Siow  
Honorary Assistant Treasurer: Ms Frances Loy  
Member: Mr Chow Chee Kuan, Rev Khoo Chu En, Prof Lim Kah Meng, Ms Anna Phua, Mr Gordon Liew

## 365 防癌教育协会 365 Cancer Prevention Society

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