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▶ (QUARTERLY)

INTRODUCING
365CPS DAY
ACTIVITY CENTRE
认识365CPS
日间活动中心

The DAC is dedicated to providing cancer patients and their families with the greatest possible assistance and support and of which includes providing meals and healthy juices with balanced nutrition, and organising a number of activities.

www.365cps.org.sg



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Introducing 365CPS Day Activity Centre

认识365CPS日间活动中心

It has been three years since 365 Cancer Prevention Society (365CPS) opened its very first Day Activity Centre (DAC) in January 2015.

The DAC is dedicated to providing cancer patients and their families with the greatest possible assistance and support and of which includes providing meals and healthy juices with balanced nutrition, and organising a number of activities that are conducive to the physical and mental health of the patients, such as lymphatic detox exercises, vocal lessons, dance classes, painting lessons, ukulele courses, aerobic dance lessons, cooking classes, health talks as well as regular outings.

In addition, 365CPS visits patients at their homes and in hospitals alike, and offers nutrition consultation and professional counselling services to them. The DAC is like a home away from home for patients in the fight against cancer, and act as a safe haven for one's soul.

Angela Mu
Day Activity Centre Manager
(Commonwealth DAC)

自2015年1月起，365防癌教育协会（365CPS）开设了新加坡首间日间活动中心，至今已三年多。

365CPS日间活动中心致力于为癌症病友及家属提供最大的帮助和支持。365CPS日间活动中心为抗癌斗士们提供营养均衡的膳食和排毒果汁；每天也举办很多有益身心健康的活动，如淋巴排毒操，声乐课，排舞，绘画课，乌克兰丽丽（ukulele）课，有氧舞蹈，烹饪课，生命加油站，营养加油站，健康讲座，以及定期外出游玩。

同时，中心也探访家中和在医院的病友，并提供营养咨询和专业辅导。365CPS日间活动中心愿意成为您在抗癌路上的另一个家，成为您心灵的避风港。

母今朝
日间活动中心经理
(联邦活动中心)



TESTIMONIES

365CPS 日间活动中心之 生命斗士感言集

► Kitty Chan (Leukaemia Fighter) 曾秀丽(血癌)



My name is Chan Siew Lee, although I'm known to my friends as "Kitty". I joined 365CPS' Day Activity Centre in November 2017. Ever since I joined this big family, I have been participating in various activities that are beneficial to my body and mind, and have also felt the deep love and sincere care from the staff members at DAC. As a result, not only has my physical health improved, I also feel better emotionally. The Centre prepares a balanced diet for us, and my routine habits have also become regular. Over here, I do not only have the opportunity to learn dancing, play the ukulele and take painting lessons, I also have the chance to play Rummikub with other cancer patients for me to unwind and relax. The vibrant time that I have here fills every day with delight!

我本名是曾秀丽，认识我的人叫我Kitty。我在2017年11月加入365CPS日间活动中心。自从来到这个大家庭，我参加了很多有益身心的活动，也感受到员工们满满的爱和由衷的关怀，因此我的身体越来越健康，心情也越来越好。中心为我们预备均衡的饮食，也让我的作息变得有规律。在这里，我不仅有机会学习排舞，弹乌克丽丽 (Ukulele)，上绘画课，而且还和其他的生命斗士们玩益智游戏来解压和放松心情。这里多姿多彩的生活让我的每一天都充满快乐。

► Susan Yong (Ovarian Cancer Fighter) 杨淑贞 (卵巢癌)

After I had just completed chemotherapy in April 2017, I was told that if I wanted to recover well, I would have to pay attention to my diet for the next 6 months. Therefore, knowing how to choose food, how to choose which type of food I should not consume, and how to handle food ingredients have become my top priority.

365CPS' Day Activity Centre provided me with great help in the area of nutrition, thus, saving me a lot of trouble as the Centre provides at least 2 meals and 3 fruit juices per day. Furthermore, the Centre also has a rigorous attitude towards the handling of food. Not only so, the recipes are designed by the Centre's Nutritionist to ensure that the diet for the DAC's members are balanced and follows strict nutrition principles. Consuming a variety of nutritious dishes has unconsciously boosted my immune system as well as my health! I'd like to thank all staff members at 365CPS for their loving contributions!

我在2017年4月份刚完成了化疗不久，被告知若要康复良好，在6个月之内，必须注意饮食，因此，如何选择食物，哪些食品应戒口，及如何处理食材等问题，都成了我的当务之急。365CPS日间活动中心在这方面给予我非常大的帮助，省却了我不少的烦恼。因为这里每天提供至少2餐的膳食，还有3次的果汁，而且这里对食物的处理抱着严谨的态度，食谱都由营养师规定，饮食均衡，遵照饮食原则。尝着一道道营养充分且菜色丰富的美食，不知不觉提升了我的免疫系统，也吃出了健康！谢谢协会全体员工们的爱心付出！



Tan Meow Gek ◀ (Breast Cancer Fighter) 陈妙玉 (乳癌)



I joined 365CPS' Day Activity Centre since 20 February 2017. Before that, I had no concrete plan on how to fight cancer, but after signing up with 365CPS, my life now has a direction. The 365CPS Day Activity Centre offers healthy meals every day. It also organises an array of activities, regular health talks, nutrition consultation and professional counselling services. These have helped my body and mind to stay healthy. The Centre has helped me to lead a regular life; the Support Station's series of talks have improved my knowledge of cancer prevention; the lymphatic detox exercises have made me healthy; the art class has given me a new hobby. I have also received encouragement and made many friends by sharing my experiences and views with other cancer patients.

我在2017年2月20日加入365CPS日间活动中心。在这之前，我对如何抗癌还没有具体的计划，但是到了这里，我的生活有了方向。365CPS日间活动中心每天都有健康的膳食，丰富的活动，定期的健康讲座，还有营养咨询，专业辅导，这些都帮助我的身心灵健康起来。中心帮助我生活过得有规律；生命加油站增长了我的防癌知识；淋巴排毒操让我身体健康；绘画课让我有了新的爱好。我也因着和其他生命斗士的交流分享，得到鼓励，也交了很多朋友。

► Teoh Teck Lin (Prostate Cancer Fighter) 赵德林 (前列腺癌)

In 2012, I began participating in various activities organised by 365 Cancer Prevention Society. When the Day Activity Centre was established in January 2015, I was among the earliest registered patient. Since joining the 365CPS' Day Activity Centre, my diet has changed drastically.

Through a series of Support Station's talks, art therapy and classes, my mind has also become calmer and more stable. I was disciplined to take part in the 365CPS' Lymphatic Detox Exercise every morning and that has helped my health to be recovered tremendously. At the age of 80, I have also been employed to work for McDonald's. I would have to thank 365CPS for all the help, as well as the attentive care and support of all the staff members. They have given me a healthy body and a pleasant mood. As the saying goes, "A merry heart doeth good like a medicine". I just can't agree more! I'd like to take this opportunity to say "thank you" to everyone working at the Centre.

我是赵德林，2012年开始参加365防癌教育协会的各类活动，自2015年1月365CPS日间活动中心成立后，我是其中一位最早报名的生命斗士。自从加入了365CPS日间活动中心，我的饮食起居有了革命性的改变。通过生命加油站的讲座，绘画疗法，以及绘画课程，我的心灵趋于平静和安稳。我每天早上坚持参加365CPS淋巴排毒操。我不仅恢复了健康，还以80岁高龄受聘到麦当劳工作。这些都要归功于365防癌教育协会的帮助，还有全体员工们的爱心关怀和扶助，让我拥有健康的身体和愉快的心情。所谓“喜乐的心，乃是良药”，就是这个道理吧！在这里，我要向所有员工说声“谢谢”。



Allan 耀伦

I am Chung Yiu Lun (Allan), 62 years old, and I work in a hospital as a senior Medical Technologist. I was diagnosed with prostate cancer in December 2016. I discovered my condition when I was found to have a high PSA level and difficulty urinating. I was admitted to National University Hospital and confirmed to have prostate cancer after a series of laboratory tests.

Before the disease struck, I had many interests. I liked to eat dim sum and buffet meals and exercised minimally. I enjoyed all types of food including processed food, fast food, seafood, meat, barbecued food, steamboat and deep-fried food. Every week, I played two hours of table tennis and did two hours of leisurely towel exercises. My favourite activities after work were mainly watching television or surfing the internet at home. I would sleep late at night and did not have quality sleep.

After being diagnosed with cancer, I had an

emotional breakdown.

I kept myself at home, sitting in front of the television and occupying myself with Korean dramas (which I had never done before). I did not want to talk to anyone or see anybody.

I became very lonely. I could not control my tears whenever I thought of my disease.

All my family members were worried about me. I have three sons in their twenties and thirties. They used to be absorbed in their own work but their behaviour has changed since. They physically expressed their love for me and spoke to me in a caring way. I was very weak physically. I even had difficulty blowing up a balloon. I used to teach a class for an hour without any problem but it is no longer possible. I feel breathless after talking for 15 minutes now, let alone singing or exercising.

我叫钟耀伦，今年62岁，是一家医院的高级医疗技师。我于2016年12月被确诊患有前列腺癌。当时我发现自己的前列腺特异性抗原（PSA）值过高而且排尿困难，进一步检查，而发现了自己的病症。之后我来到新加坡国立大学医院，接受了一系列测试之后被确诊为前列腺癌。

在患病之前，我的兴趣爱好非常广泛。我喜欢吃点心和自助餐，而且极少运动。我喜欢各种食物，包括加工食品、快餐、海鲜、肉类、烧烤食物、火锅和油炸食品。每周，我会打两个小时乒乓球，并做两个小时较为休闲的健康毛巾操。下班之后我最喜欢的活动是在家中看电视或上网。我晚上睡得很晚，而且睡眠质量不高。

在被确诊为癌症后，我的情绪几乎崩溃。我把自己关在家里，坐在电视机前，通过看韩剧来麻醉自己（之前我从未如此）。我拒绝与任何人交谈，也不想见人。我变得很孤僻。每当我想起自己的疾病，眼泪就不住地往下流。我的家人都很担心我。我有三个儿子，他们都已经二三十岁了。他们此前一直都专注于自己的工作，但自从我得病后，他们对我的态度改变了。他们用实际行动表达对我的爱，而且与我交谈时也满怀关心。我当时的身体非常虚弱，甚至吹个气球都十分困难。生病之前，我教课一个小时的也没有任何问题，但现在不可能了。即使说15分钟的话，我都会感到呼吸困难，更不用说会唱歌或运动了。



“YOU NEED A DIFFERENCE TO MAKE A DIFFERENCE.” 你需要改变才能有所作为。”

There is a famous saying: “You need a difference to make a difference.” After the surgery, I forced myself to change my lifestyle in order to recover from my disease. I quit my job to focus on my recovery. With advice from a nutritionist, I ate differently with more vegetables in my diet, drank more fruit juice and did more light exercises. With the help of a counsellor, I faced my unhappiness bravely. I regained my “true self” and made new friends. I developed new hobbies such as singing while playing a ukulele and drawing in art classes. I very much enjoyed coaching my classmates in the ukulele and felt happy learning painting from others.

Although the healing process of cancer is slow and unbearable, it is not the end of the world. I cannot control when cancer occurs but I can choose to be happy and live in spite of it. I remain optimistic and motivate myself to fight against it actively.

365 Cancer Prevention Society has many well-designed programmes to look after the physical, mental and emotional needs of the cancer community. There are also many professionals available such as nutritionist, counsellors, trainers, committed staff and volunteers. I believe that through their activities, I am one step closer to happiness.

有这样一句谚语：“你需要改变才有所成就。”手术后，我强迫自己改变生活方式，使自己从疾病中恢复过来。我辞去了工作，专注于恢复健康。根据营养师的建议，我改变了饮食习惯，食用更多蔬菜、饮用更多的果汁，并且进行更多的低强度运动。在专业顾问的帮助下，我勇敢地面对自己的不幸。我开始从新做自己，结交新朋友，培养一些新的爱好，例如弹奏乌克兰丽丽和唱歌，我也参加美术课程学习绘画。我非常享受教同学弹奏乌克兰丽丽，也在学习绘画中感到快乐。

尽管癌症的治疗过程非常缓慢而且痛苦不堪，但这并非世界末日。我无法控制癌症的出现，但是我仍然可以选择继续快乐地生活。我保持乐观的心态，并激励自己积极地对抗癌症。

365防癌教育协会备有多种精心设计的课程，以照顾癌症群体在身心及情感方面的需要。协会还有众多专业人员，包括营养师、辅导员、专业的老师、以及敬业的工作人员和义工们。我相信借助他们的帮助，我能够迈向幸福的生活！



STIR FRY MIXED MUSHROOM 鲜蔬炒菇

Serving Size 份量 - 2 pax

Preparation Time 准备时间 - 15 min/分钟

Cooking Time 烹饪时间 - 15min/分钟

Ingredients

50g Maitake
40g Honshimeji Mushroom
80g Cucumber
20g Red Carrot
1 tsp Olive Oil

Seasonings

½ tsp Lake Salt
1/3 tsp White Pepper

材料

50g 舞菇
40g 鸿喜菇
80g 小黄瓜
20g 红萝卜
1茶匙 橄榄油

调味料

½ 茶匙 湖盐
1/3 茶匙白胡椒粉



Method

1. Wash Honshimeji mushroom and remove their stems. Cut maitake into small pieces. Prepare a pot of boiling water and blanch the mushrooms. Wash and shred the cucumber and carrots, set it aside.
2. In a hot pan, add oil, carrot shreds and stir fry gently. Add in cucumber shreds and stir fry.
3. Add in all the mushrooms and seasonings, stir fry and serve hot.

做法

1. 鸿喜菇切除根部洗净，舞菇切小块，放入沸水中略为汆烫，将小黄瓜和红萝卜洗净切丝备用。
2. 热锅，加入油，放入红萝卜丝略为拌炒，再加入小黄瓜丝。
3. 续做法2，热锅中加入所有的菇类和调味料，翻炒至入味即可享用。

Benefits of Cucumber

Cucumber is one of the healthiest vegetables in the world. It is low in calorie, carbohydrate, and consists mostly of water. It has potential antidiabetic, lipid lowering and anti-oxidant activity¹. Cucumber also helps in cleansing by removing accumulated waste and chemical toxins in the body¹.

Cucumber contains a substance known as cucurbitacin E or known as cuE, this powerful substance had been shown to prevent cell proliferation and induced apoptosis in cancer cell models². The bioactivity of cucurbitacin has been widely studied and it has shown promising potential in preventing human diseases relating free radicals and oxidative damages².

Cucumber also provide vitamin K. Vitamin K plays a very significant role in the human body such as blood clotting and the prevention of osteoporosis. Human intervention studies have shown that vitamin K can increase bone density and at also reduce the rate of fractures³.

Reference:

1. Mukherjee, P. K. et al. (2013) 'Phytochemical and therapeutic potential of cucumber', Fitoterapia. Elsevier B.V., 84(1), pp. 227-236. doi: 10.1016/j.fitote.2012.10.003.
2. Alghasham, A. A. (2013) 'Cucurbitacins - a promising target for cancer therapy', International Journal of Health Sciences, 7(1), pp. 77-89.
3. Weber, P. (2001) 'Vitamin K and bone health', Nutrition, 17(10), pp. 880-887. doi: 10.1016/S0899-9007(01)00709-2.

黄瓜的营养

黄瓜是世界上最健康的蔬菜之一。它的热量低，碳水化合物多，主要由水组成。它具有潜力抗糖尿病，降脂和抗氧化活性¹。黄瓜也有助于清除体内累积的废物和化学毒素¹。

黄瓜中含有一种称为葫芦素E或被称为cuE的物质，这种强大的物质已经被证明可以阻止癌细胞的增殖和诱导细胞凋亡²。葫芦素的生物活性已被广泛研究，在预防自由基和氧化损伤²相关的人类疾病方面具有广阔的应用前景。

黄瓜也提供维生素K，维生素K在人体中起着非常重要的作用，比如凝血和预防骨质疏松症。人类干预研究表明，维生素K可以增加骨密度，同时也能降低骨折的发生率³。

REALLY NOURISHING JUICE

富营养果汁

Serving Size 份量 - 1 pax



Ingredients

100 g Apple
200 g Carrot
50 g stalk Celery
70 g Beetroot
1 Lime
1 thumb-sized Ginger

配料

100 g 苹果
200 g 胡萝卜
50 g 芹菜秆
70 g 甜菜根
一个酸橙
一拇指大小的姜

Method

1. Peel the carrot and celery and cut into smaller pieces. Squeeze the juice of lime and set aside.
2. Place all the ingredients into the blender and blend until smooth.

做法

1. 将胡萝卜削皮后和芹菜切成小块。挤出酸橙汁，放在一边。
2. 将所有配料放进搅拌机搅拌至顺滑。

Benefits of Beetroot

Beetroot, also known as beet, has been gaining popularity as a new super food for its various promising health benefits.

The recent spark of interest in beetroot has been predominantly driven by the discovery that sources of dietary nitrate may have imperative implications for managing cardiovascular health. However, beetroot is rich in several other bioactive compounds that may provide health benefits, particularly for disorders characterised by chronic inflammation¹.

Beetroot is as an excellent source of antioxidant compounds. The betalain pigments in particular, has been shown by several in vitro studies to protect cellular components such as DNA, lipids and protein structures from oxidative injury. Beetroot juice is particularly rich in betalain degradation compounds, the orange yellow neobetanin content is exceptionally high. Based on a study, the consumption of beetroot juice significantly lowered postprandial insulin response which can help diabetic patients better control their condition and to prevent diabetes².

Reference:

1. Lundberg, J. O., Weitzberg, E. and Gladwin, M. T. (2008) 'The nitrate-nitrite-nitric oxide pathway in physiology and therapeutics', *Nature Reviews Drug Discovery*, 7(2), pp. 156-167. doi: 10.1038/nrd2466.
2. Wootton-Beard, P. C. et al. (2014) 'Effects of a beetroot juice with high neobetanin content on the early-phase insulin response in healthy volunteers', *Journal of Nutritional Science*, 3, p. e9. doi: 10.1017/jns.2014.7.

甜菜根的营养

甜菜根也称为甜菜，作为一种新的超级食品，其各种有前景的健康益处越来越受大众欢迎。

最近对甜菜根点燃的兴趣火花主要是由于饮食中的硝酸盐来源可能对管理心血管健康有重要意义。但甜菜根富含许多其他可能提供健康益处的生物活性化合物，特别是对于以慢性炎症为特征的疾病¹。

甜菜根是抗氧化剂的优良来源。特别是甜菜碱色素已经通过几种体外研究显示出来，以保护细胞组成部分如DNA、脂质和蛋白质结构免受氧化损伤。甜菜根汁特别富含甜菜碱降解化合物，橙黄色新贝他宁含量特别高。基于研究，甜菜根汁的摄入显著降低了餐后胰岛素反应，可以帮助糖尿病患者更好地控制其状况并预防糖尿病²。

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VOLUNTEER WITH US 成为我们的义工

- EVENTS/ACTIVITIES
节目/活动
- NUTRITION THERAPY
食物疗
- TRANSPORTATION
运输
- PATIENT CARE
探访关怀
- CREATIVE MEDIA
创意媒体
- ADMINISTRATION SUPPORT
行政



April

5/4 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
7/4 - Love Lunch @ St Andrew's Community Hospital
28/4 - Love Lunch @365CPS

May

3/5 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
5/5 - Love Lunch @ St Andrew's Community Hospital
26/5 - Love Lunch @365CPS
30/5 - River Safari Half-day Outing

June

7/6 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
23/6 - Love Lunch @365CPS

Monday - Detox Exercise, Vocal Class
Tuesday - Line Dance, Art Class
Wednesday - Support Station, Cooking Class
Thursday - Ukulele Class, Art Class
Friday - Detox Dance, Karaoke

Lessons are subject to changes. Please contact the society for the specific details. Thank you!

四月份

5/4 - 爱心午餐于武吉巴督
7/4 - 爱心午餐于圣安德烈社区医院
28/4 - 爱心午餐于365防癌教育协会

五月份

3/5 - 爱心午餐于武吉巴督
5/5 - 爱心午餐于圣安德烈社区医院
26/5 - 爱心午餐于365防癌教育协会
30/5 - 河川动物园半日游

六月份

7/6 - 爱心午餐于武吉巴督
23/6 - 爱心午餐于365防癌教育协会

星期一：淋巴排毒操，声乐课
星期二：排舞，绘画课程
星期三：生命加油站/ 营养加油站，烹饪课程
星期四：Ukulele课程，绘画课程
星期五：有氧舞蹈，卡拉OK

课程会有变动。若需要更多详情，请联络协会。谢谢！

365淋巴排毒操

Ang Mo Kio Town Garden West (Opp. AMK Community Library) Tue to Sat, 6.30am Helen @ 9655 0709	639 Bedok Reservoir Rd Badminton Court Thu, 8pm Bok Soon @ 9679 1686	Bishan Park Mon to Fri, 6am 丽清 @ 9171 1144	9 Toh Yi Drive Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) Wong Lan Hiang @ 97940076
Bukit Gombak Stadium Mon to Sat, 7am 美美 @ 92250303	Commonwealth Field Mon to Sat, 7am Flossie @ 8198 9218	Blk 9 Holland Avenue Every Tuesday 8pm Monica @ 98292387	Hong Lim Park Mon, 6.15pm 丽清 @ 9171 1144
440 Pasir Ris Dr 4 Badminton Court Mon & Thu, 7.15am Bok Soon @ 9679 1686	704A Pasir Ris St 72 Mon to Fri, 7.30am Hai Wee @ 9451 1907	106 Simei St 1 Street Soccer Court Tue & Fri, 7.15am Judy @ 9799 3948	149 Simei St 1 Badminton Court Mon to Fri, 7.45am; Sat, 7.15am Bok Soon @ 9679 1686
494C Tampines Ave 9 Void Deck Mon to Sat, 7.30am Bok Soon @ 9679 1686	407 Yishun Ave 6 Mon to Fri, 6.30am 丽芳 @ 9878 5513	257 Tampines St 21 Mon to Fri, 7.20am except Thu; Wed, 8.30pm 淑霞 @ 8288 4679	Bedok Reservoir Park Monday to Friday (Except Thursday), 7.50am, 翠玲 @ 90045360

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.

Advisors

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

Management Staff

Executive Director: Mr Ben Chua
Programs & Services Director: Mr Khoo Chu En
HOD, Corporate Services: Ms Arlinda Chen
HOD, Programs & Services: Ms Kelly Kuo
HOD, Fundraising & Marketing: Ms Choo Qi

Executive Committee

President: Dr 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 Assistant Treasurer: Ms Frances Loy
Member: Mr Joshua Siow, Mr Chow Chee Kuan,
Prof Lim Kah Meng, Ms Anna Phua,
Mr Andrew Pang

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，也是一所以“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。

顾问团

名誉顾问：张仰宾博士
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
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服务与项目部门主管：郭凯丽小姐
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委员：萧子强先生，周志强先生，
林家明教授，潘秀霞小姐，
冯国明先生

365 Cancer Prevention Society 365 防癌教育协会

1 Commonwealth Lane, ONE COMMONWEALTH Building, #03-10, Singapore 149544.

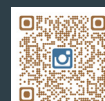
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