

# Everyone, including you, can lower the risk of cancer

每一个人, 包括您自己, 可以降低患癌的风险

## CANCER FIGHTER STORY:

Shirley Chan - PAGE 05

抗癌勇士故事:  
陈莎莉 - 第五页

## INTRODUCTION TO ANG MO KIO DAY ACTIVITY CENTRE - PAGE 01

宏茂桥日间活动  
中心介绍 - 第一页

## 10 CANCER FIGHTERS PROGRAMME

- PAGE 03

10大生命斗士活动  
- 第三页

Special Menu for this month:

**RED LENTIL SOUP** - PAGE 07

本月特别的食谱:  
红扁豆汤 - 第七页



# CONTENTS

---

**INTRODUCTION TO ANG MO KIO  
DAY ACTIVITY CENTRE**  
宏茂桥日间活动中心介绍

**01-02**

**10 CANCER FIGHTERS  
PROGRAMME**  
10大生命斗士活动

**03-04**

**CANCER FIGHTER STORY**  
抗癌勇士故事

**05**

**PROTEIN REQUIREMENTS**  
人体需要的蛋白质

**06**

**RED LENTIL SOUP**  
红扁豆汤

**07**

**OUR SPONSORS & VOLUNTEER RECRUITMENT**  
由衷感谢我们的赞助商, 成为义工

**08**

**UPCOMING EVENTS**  
近期活动

**09**

---



# Introduction to Ang Mo Kio Day Activity Centre

## 宏茂桥日间活动中心介绍

### OPENING CEREMONY 开幕典礼

On the 24th November 2018, we had the honour of having our Senior Minister of State, Ministry of Trade and Industry, MP for Ang Mo Kio GRC and Grassroots Adviser, Dr Koh Poh Koon officiate the opening of our Ang Mo Kio Day Activity Centre ("AMK DAC"). During the event, our cancer fighters presented a series of performances, including zumba, ukulele and choir performance. In addition, our Centre also displayed paintings and calligraphy works jointly painted by both the cancer fighters and instructors.

2018年11月24日, 贸工部高级政务部长, 宏茂桥集选区议员兼基层组织顾问, 许宝琨医生为宏茂桥日间活动中心主持开幕典礼。在开幕典礼中, 生命斗士们呈献了尊巴舞、乌克丽丽演奏、大合唱, 还有歌舞表演。此外, 中心也展出了生命斗士们和老师联合创作的绘画和书法作品。

### PROFILE 简介

Ang Mo Kio Day Activity Centre ("AMK DAC"), which is located at the void deck of Block 621, Ang Mo Kio Avenue 9, is 365 Cancer Prevention Society's second Day Activity Centre. The Centre measures 283 square meters with a holding capacity of approximately 100 people. The Centre began operations in April 2018, benefiting cancer fighters from different races and all walks of life. To date, we have served a total of 305 cancer fighters.

宏茂桥第九道大牌621的组屋底层的日间活动中心, 隶属365防癌教育协会, 占地约283平方米, 可容纳约一百人。日间活动中心在2018年4月开始投入服务, 受惠的生命斗士来自不同的种族和阶层, 至今以有305位生命斗士接受我们的服务。



### SERVICES 服务内容

AMK DAC serves as both an Activity Centre and a Day Centre. 宏茂桥日间活动中心提供两种服务, 即活动中心和日间中心:

#### 1 ACTIVITY CENTRE 活动中心

The Activity Centre is open five days a week (Monday to Friday) from 8:30am to 6:00pm, offering a series of recreational courses, health talks and emotional management workshops.

Recreational courses include painting classes, chinese calligraphy classes, ukulele classes, vocal classes, detox exercises, dance and zumba. We also held various activities including chinese dumpling making, mooncake making and art classes.

At present, approximately 127 cancer fighters take part in our activities at AMK DAC. On the second Saturday of every month, the Activity Centre organises a "Love Lunch" event, and invites experts to share knowledge on health and wellness. The talks are open to the public and also allow cancer fighters to attend with their families and friends. Healthy lunches are provided for the participants after these talks.

Apart from indoor activities mentioned above, we also organise one-day outdoor activities every three months. Last year, we have visited River Safari and East Coast Park.

活动中心每周开放五天(周一至周五), 开放时间由上午八点半至下午六点。活动中心提供一系列的康乐课程、健康讲座和心理工作坊。

康乐课程包括绘画课、中国书法课、乌克丽丽、声乐、排毒操、排毒舞、尊巴舞。我们还举办过包粽子、月饼制作、粉彩艺术班等活动。

目前约有127位生命斗士们参与宏茂桥日间活动中心的的活动。活动中心在每个月的第二个星期六有“爱心午餐”活动, 邀请专家来分享健康和养生知识。讲座也开放给社会大众, 生命斗士和家人朋友都可以出席。同样, 活动后也有供应健康午餐给社会大众。

除了上述的室内活动以外, 我们每三个月会举办一日游的户外活动, 去年我们已经去了河川生态园和东海岸公园。

## 2 DAY CENTRE 日间中心

In addition to the Activity Centre, we have the Day Centre. Patients in the Day Centre enjoy healthy juices, nutritious lunch and dinner every day and cosy rooms for cancer patients to rest or nap at our Centre.

除了活动中心外, 我们也设立了日间中心。日间中心的病友, 每天可以享用健康果汁, 营养的午餐和晚餐。此外, 我们也有休息室让会员休息或睡觉。



## SUPPORT & CARE 关怀

To provide support and care is of utmost priority at the Centre. Our team takes the initiative to show care and concern, be a listening ear, and give our best to assist them in their challenges.

关怀是我们中心的首要任务。我们的员工主动关怀慰问, 聆听陪伴, 尽力协助他们解决问题。

## NUTRITION CONSULTATION 营养咨询

To cancer fighters, ensuring that the body takes in enough nutrition is vital for recovery. One to one nutrition consulting services are also provided by our nutritionists through appointment.

对生命斗士来说, 确保足够的营养助于康复是至关重要的。此外, 我们的营养师也提供个人营养咨询服务。



## COUNSELLING 心理辅导

Cancer fighters often face emotional challenges like fear and anxiety, which, if not dealt with properly, may develop into mental illnesses such as depression. Hence, the Centre has engaged professional counsellors to offer counselling services.

恐惧和忧虑是生命斗士们经常面对的问题, 如果不尽早解决, 就可能演变成忧郁症等精神疾病。在这方面, 中心设有专业的辅导员提供心理辅导服务。

# 10 Cancer Fighters Programme

## 十大生命斗士活动

In 2018, 365 Cancer Prevention Society has once again put together this 10 Cancer Fighters programme entitled "Rebuilding Life, Letting It Shine". This programme held over a span of 7 months was specially designed to support cancer fighters in their battle against cancer.

The 10 Cancer Fighters programme aims to help those fighting cancer and those with cancer relapses within the last five years regain their self-confidence and walk out from the trauma of cancer. Through this programme, cancer fighters are encouraged to live life to the fullest, stay active and be a support to other fighters who are battling cancer as well. A series of courses were carefully designed for the participants as follows:

Exercise Module :

**Introduction to 365CPS'  
Lymphatic Detox Exercise**

Nutrition Module :

**Cancer Management Through  
Nutrition**

Image Module:

**Image Transformation**

Emotion Module :

**Emotional Management for  
Better Health**

Each module was designed to aid in every cancer fighter's recovery, and to address the three main aspects of body, mind, and soul. We believe that having a holistic approach will bring about positive changes in the lives of cancer fighters, and promote better and healthier lifestyles.



在2018年, 365防癌教育协会再次带着兴奋和梦想, 筹备“2018年十大生命斗士”主题为《光辉耀目、灿烂生命》, 并且透过特别为生命斗士精心设计的课程, 来帮助生命斗士从4月至10月走过各系列的工作坊和活动, 目的让生命斗士在抗癌的路上, 仍然能光辉耀目、迎接灿烂的人生!

十大生命斗士的宗旨和目标是帮助正在5年内抗癌的勇士以及癌症复发者。陪伴他们走出癌症的阴影, 夺回自信心、勇敢和积极的生活下去! 透过此活动, 使您不单自己能站起来, 也能在抗癌的路上, 陪伴和成为其他癌友的帮助和鼓励。精心设计一系列课程为参加者。如下:

运动课程:  
排毒操

营养课程:  
健康饮食

形象课程:  
形象打造

心灵课程:  
情绪调适与表达

以上每一系列课程都息息相关和扣扣相环的, 每一位生命斗士都系上他们的安全带、乘行空飞往更健康、更积极的身心生命旅程杯!

## CANCER FIGHTERS' TESTIMONIES 抗癌勇士见证



SUSAN ANG  
杜萍蓉

The detox exercises taught us which areas to focus on in order to enhance our lymphatic system. These exercises can easily be done at home or at 365CPS DACs. Of course, there are many benefits in coming to 365CPS as there are instructors to teach us the correct manner in doing the exercises. There are also fellow friends here to help one another and this to me, is a form of encouragement. I feel that I've become healthier and motivated to try new things. Being healthy makes a big difference in life; I'll look forward in life and become more positive.

这个排毒操教我们应当关注哪些焦点来促进淋巴液的流畅性。

无论在这里或家里都可以做这个排毒操。当然来协会会有更多的好处。因为这里有耐心的导师教我们正确的运作方式, 也有朋友和我做同样的运动, 并相互勉励。这对我来说是一种激励。我感觉到自己更为健康也渴望尝试和学习新事物。身心健康对生活的影响很大。排毒操改变我的生活方式。我会往前看从消极变得更积极。

These three weeks, I've learnt a great deal about nutrient content, as well as the daily portions of foods and nutrition that we need. We normally don't pay attention to our diet or the amount we eat. At least there are guidelines here telling us. How much vegetables and fruits we should consume, and how much meats, protein and carbohydrates we should take. Then, we won't have an unbalanced diet.

在这3个星期的学习, 我获得了营养方面的需知, 例如: 每日食物的摄取量及人体所需的营养。通常我们都不会注重我们的饮食以及食物的摄取量。在365防癌教育协会, 我们学习到我们应该摄取多少分量的蔬果, 肉类以及碳水化合物。这样, 我们就能避免营养不均衡的饮食。



YEIK MEI PENG  
易美萍



SEAH SYE CHENG, ANNIE  
余赛珍

I learnt more about inner strength and joy, how to express myself and improve my self-image. Under the guidance of the instructor, I learnt how to release my emotions, stay cheerful and gain more confidence in life. I find that through such classes, I have regained my cheerful and energetic self.

这课程让我对内心感受和内在力量有更深入的了解并且学习如何表达自己和探索自己的形象。在老师的教导下, 我学习如何释放自己, 敞开心房, 更有信心的面对生活。我突然重拾欢乐! 我回到原来快乐和活跃的我。

I learnt about dressing, colour coordination, poise and communication skills. Now, I feel more confident and able to interact with more people. I'm more cheerful and my life is better. I'm also better at coping with my illness. I've stopped seeing myself as a patient.

我学到如何装扮, 以色彩协调的服装穿搭以及沟通技巧。

现在的我, 比较有自信, 能够和多人交流。我也感到非常快乐, 生命的美好。此外, 我也积极地面对我的病情并停止看待自己为病人了。



YONG SOO CHAN, SUSAN  
杨淑贞

I am Shirley Chan, and I am in my sixties. I am diagnosed with late stage lymphoma. I recall the day I went to the hospital for an annual checkup of my problematic thyroid in February 2008. The doctor discovered through PET scan that the lymph nodes all over my body had become cancerous, so I began to undergo a series of treatments.

I had severe drug allergies which added to the challenges I faced in the course of treatment. During chemotherapy, I had to take very good care of myself, and even a mosquito bite was something I needed to avoid as it would lead to abnormal reactions of my white blood cells.

Around the time when I was diagnosed with cancer, I was burning the candle at both ends, juggling work and family. Finally, I decided to give up my job as I felt it was not worthwhile to stay on. At present, I try to avoid extreme mood swings because it will lead to a "strike" by my white blood cells and my immune system, thereby resulting in further health problems. For the sake of my health, I began to learn to calm myself down, handle stress and take a positive stance towards adverse situations.

To me, cancer is an illness which is more serious than common cold, flu and cough, and its treatment is therefore more difficult comparatively. However, this is inevitable in order to cure the illness. Support from my family and

friends has made me stronger in my fight against cancer. My perception of life has started to change. Of course, I also drew strength from my faith, lending me precious courage to fight cancer.

During the process of fighting cancer, I always participated in the lymphatic detox exercise conducted by 365 Cancer Prevention Society near my home. However, I did not have time to visit the 365 Cancer Prevention Society. It was not until 2018 that I visited the Society and joined the 10 Cancer Fighters Programme organised by the Society. At that time, my detox exercise instructor encouraged me to join the programme. As I was interested in learning more about the programme, I visited the 365 Cancer Prevention Society, and eventually joined as a member.

Be it taking part in regular society events or activities in the 10 Cancer Fighters Programme, I have managed to gain new insights, and have greatly benefited from them. Getting to know fellow cancer fighters at the Society is also an unexpected blessing.

I am very grateful to the volunteers for their efforts and willingness to spend time to prepare our lunches in the kitchen. I would also like to express my utmost gratitude to the donors and fund-raising team because it is with their dedication and hard work, only then can we enjoy the warm atmosphere at 365 Cancer Prevention Society.



人生或许不如我们想象中的美好，病就如一种化妆的祝福。生命不在乎长短，在乎意义所在，活在当下，珍惜眼前人，欢赏夕阳无限好，何必惆怅近黄昏。愉快地用双腿舞动精彩人生吧！带着心来舞出生命的彩虹，来燃点他人的生命时，让爱动起来，就更值得无憾了！朋友们，加油，谢谢你们真心的爱。

Life may not be the party we hope for. Ailment is just a "Blessing in a disguise". Life means nothing on long or short, it depends on its magnitude & depth. Live realistically and happily in current moments, relieve, relax yourselves. Cherish & love your fellow family members & friends. Enjoy togetherness of every moment without any melancholy. Dancing with our feet is one thing but dancing with our heart is another. It will ignite and unleash out rainbows to others' life splendidly. It's worthwhile and un-regrettably. Fellow friends, keeping it up, let love be activated, thanks a lot for all your loving care.

## CANCER FIGHTER STORY :

# Shirley Chan

## 抗癌勇士故事: 陈莎莉

我是陈莎莉 (Shirley Chan)，60多岁，患上已经扩散的晚期淋巴血癌。还记得在2008年2月时，我到医院对有问题甲状腺进行年度检查，透过PET扫描，医生发现我全身淋巴结发生癌变，而我也开始了一系列的治疗。

我的药物过敏非常严重，因此，治疗时面对很多的挑战。化疗期间，我必须非常小心地照顾自己。平常，就连蚊子叮咬也都要尽量避免，因为那会导致我的白血球起异常反应。

确诊患癌前后一段时间，我在工作与家庭两头忙，最终觉得不值得留恋而选择放弃工作。现在我会尽量不让自己的情绪波动太大，因为那也会引起我的白血球及免疫系统“罢工”，而导致身体出状况。为了健康着想，我开始学会平复自己的心情，调节压力，正视和面对问题。

癌症对我来说，就是比普通的伤风、感冒、咳嗽更严重一些的病症，治疗方法也比一般病症辛苦一些，但是，为了治病这都是不可避免的。家人及朋友的支持让我抗癌的路走得更坚强，我也开始改变看待人事物的态度。当然，我的信仰也给我支持，让我勇敢地面对癌症。

在抗癌的过程中，我一直都参加365防癌教育协会在我家附近所办的淋巴排毒操，但是并没有时间到365防癌教育协会。一直到2018年，我才来到协会，参加了协会所举办《十大生命斗士》的活动。当时是排毒操老师一直鼓励我



报名参加，而我也有兴趣多加了解，才来到365防癌教育协会，并且加入成为会员。

不管是协会平常的活动还是《十大生命斗士》的活动，我都温故知新而受益良多。在协会认识其他生命斗士更是我的意外收获。

我非常感谢义工们平常的付出，以及愿意花时间来厨房帮忙预备我们的午餐。我也非常感谢捐款者及筹款团队，有了你们的付出和努力，我们才能在365防癌教育协会享受这温馨的一切。

# PROTEIN REQUIREMENTS 人体需要的蛋白质



## PROTEINS ARE AN ESSENTIAL AND SIGNIFICANT PART OF THE HUMAN BODY.

They are made from amino acids and form the structure of muscles and tissues in the body.



Proteins are also required for the human body to produce hormones, enzymes and haemoglobin. They also help to support our immune system. Some amino acids can be made by the body and need not be consumed in the diet; these are called *non-essential amino acids*. However, there are twelve essential amino acids that must be consumed in the diet. Prolonged deficiency in any essential amino acids due to malnutrition may affect tissue repair, growth and maintenance.

Proteins may be obtained from many dietary sources, either of animal or plant origin. Proteins from animal foods such as milk, meat, fish, poultry and eggs are *complete proteins* as they consist of all the essential amino acids, while those from most plant foods (except soy and quinoa) are *incomplete proteins*. Hence, eating a combination of plant foods is essential for vegans and vegetarians to obtain all the essential amino acids the body needs.

As people age, one area of concern with regard to inadequate protein intake in older adults is sarcopenia. Sarcopenia is defined as the age-related loss of skeletal muscle mass and consequently, a reduction in muscle strength. This may lead to an increased risk of falls, frailty and even death. Declines in caloric and protein intake are but amongst the many factors that contribute to sarcopenia. In fact, the main cause of sarcopenia is attributed to low levels of strength activities. Evidence has shown that strength activities coupled with adequate protein intake may reverse sarcopenia.

The recommended protein requirement for moderately active healthy individuals is 0.83 g per kilogram body weight per day. Of course, the more physically active you are or if you have an infection or disease, your protein requirements may increase. For cancer patients, adequate protein intake throughout all stages of cancer including treatment and recovery

is especially important. Experts recommend protein intake ranging from 1.0 - 1.5 g per kilogram body weight per day for cancer patients.

As part of a healthy diet, do include protein rich foods such as lean meat and poultry, fish, low-fat dairy products, nuts, seeds, peas, beans, lentils and tofu. These protein options are beneficial for heart health as they have lower calories and saturated fat. And remember, stay physically active and include strength activities such as carrying groceries, climbing the stairs, Qigong, Tai Chi, yoga, Pilates and using hand-held weights, resistance bands or strength-training equipment. This combination of adequate protein intake and strength activities will allow for larger gains in muscle mass rather than exercise *per se*.

蛋白质是人体必不可少的重要组成部分。它们由氨基酸制成，形成体内肌肉和组织的结构。人体也需要蛋白质来产生激素、酶和血红蛋白。蛋白质也助于支持我们的免疫系统。氨基酸分为两大类：非必需氨基酸和必需氨基酸。前者因为可以由身体制造不需要在饮食中摄入，而后者是另外12种必须从食物中摄入的氨基酸。在营养不良的情况下，长期缺乏任何必需氨基酸会影响身体组织的修复、生长和维持。

动物或植物是蛋白质的来源。来自动物性食物如牛奶、肉类、鱼类、家禽和蛋类的蛋白质是完整的蛋白质。这是因为它们由所有必需氨基酸组成。大多数植物食物（大豆和藜麦除外）提供的蛋白质是不完整的蛋白质。因此，素食者必须食用多样化的植物性食物，以摄入所有的必需氨基酸。

随着年龄的增长，对于蛋白质摄入量不足的老年人，必须关注的是少肌症的风险。少肌症的定义包括与年龄相关的骨骼肌肉质量减少和所导致的肌肉力量减少。这可能导致跌倒，虚弱甚至死亡的风险增加。热量和蛋白质摄入量下降是导致少肌症的因素之一。事实上，少肌症的主要原因是肌力训练不足。证据显示肌力训练加上摄入足够的蛋白质可能逆转少肌症的症状。

一般中度活跃的健康人士每天每公斤体重必须摄入0.83克蛋白质。当然，如果您的活动量增加或者您受感染或患有疾病，您的蛋白质需求可能会增加。对于癌症患者，在癌症的所有阶段（包括治疗和恢复）摄入足够的蛋白质尤其重要。专家建议癌症患者每天每公斤体重摄入1.0 - 1.5克蛋白质。

所以，请切记在健康的饮食选择中包括富含蛋白质的食物，如瘦肉和家禽、鱼、低脂乳制品、坚果、种子、豆腐、豌豆、扁豆和其他豆类。这些选择有益于心脏健康，因为它们具有较低的卡路里和饱和脂肪。除此之外，请记得保持身体活跃并包括肌力训练，如手提杂货、爬楼梯、气功、太极拳、瑜伽、普拉提和使用手持重量、阻力带或肌力训练设备。通过这两者 - 摄入充足的蛋白质和肌力训练 - 才可以更有效地使肌肉量增加。



# RED LENTIL SOUP

## 红扁豆汤



### Instructions 煮法

1

Heat olive oil in a large pot over medium heat. Fry the onion until softened.

用中火加热大锅中的橄榄油，然后将洋葱炒软。

2

Add the diced celery, carrot and zucchini as well as the seasonings. Stir fry until fragrant.

加入切丁的芹菜，胡萝卜和夏南瓜以及调味料。翻炒至香。

3

Pour in the tomatoes, lentils, broth and water and bring to a boil.

加入番茄，扁豆，鸡汤或蔬菜汤和水，煮沸。

4

Lower the heat and simmer for 20 - 30 minutes until the lentils are tender.

降低火候，炖煮20至30分钟直到扁豆变软。

5

Add the baby spinach and remove the pot from heat when the spinach leaves are cooked.

加入菠菜叶至熟即可。



### Ingredients 材料

1 cup white onion, diced  
1 cup celery, diced  
1 cup carrot, diced  
1 cup zucchini, diced  
1 cup tomatoes, diced  
1 cup red lentils, rinsed  
1 cup baby spinach  
2 cups of low salt chicken or vegetable broth  
2 cups water

1 杯白洋葱，切块  
1 杯芹菜，切块  
1 杯萝卜，切块  
1 杯夏南瓜，切块  
1 杯番茄，切成丁  
1 杯红扁豆，洗净  
1 杯菠菜叶  
2 杯低盐鸡肉或蔬菜汤  
2 杯水

### Seasonings 调味料：

|                          |          |
|--------------------------|----------|
| Olive oil                | 橄榄油      |
| Salt and pepper to taste | 盐和胡椒粉    |
| 1 tsp mixed herbs        | 1 茶匙混合香料 |



# VOLUNTEER WITH US

## 成为我们的义工



EVENTS/  
ACTIVITIES  
节目/活动



PATIENT CARE  
探访关怀



CREATIVE MEDIA  
创意媒体



TRANSPORTATION  
运输



KITCHEN  
SUPPORT  
厨房协助



ADMINISTRATIVE  
SUPPORT  
行政



Contact us @ 6337 3368 for more details  
更多详情, 请联系我们 @ 6337 3368

Donate via your iBanking app  
by scanning the QR code.



 Pay Now

**SPECIAL** *Thanks*  
**TO OUR SPONSORS**

由衷感谢 我们的赞助商



# UPCOMING EVENTS 近期活动

## JAN 2019 一月份

- **5/1**  
Love Lunch @ St Andrew's Community Hospital  
爱心午餐于圣安德烈社区医院
- **26/1**  
Love Lunch @ CW Day Activity Centre  
爱心午餐于联邦日间活动中心

## FEB 2019 二月份

- **2/2**  
Love Lunch @ St Andrew's Community Hospital  
爱心午餐于圣安德烈社区医院
- **23/2**  
Love Lunch @ CW Day Activity Centre  
爱心午餐于联邦日间活动中心

## MAR 2019 三月份

- **2/3**  
Love Lunch @ St Andrew's Community Hospital  
爱心午餐于圣安德烈社区医院
- **7/3**  
Love Lunch @ Bukit Batok Reach Youth Powerhouse  
爱心午餐于武吉巴督
- **23/3**  
Love Lunch @ CW Day Activity Centre  
爱心午餐于联邦日间活动中心

### For Clients Only 课程只限会员

- |                                                                                                               |                                        |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------|
| <b>Monday</b> : Lymphatic Detox Exercise, Vocal Class, Karaoke session                                        | <b>星期一</b> : 淋巴排毒操, 声乐课, 卡拉OK          |
| <b>Tuesday</b> : Line Dance, Handicraft Class                                                                 | <b>星期二</b> : 排舞, 手工课程                  |
| <b>Wednesday</b> : Life Support Station/Nutrition Support Station/Wellness Support Station/ Smart Phone Class | <b>星期三</b> : 生命加油站/营养加油站/ 养生加油站/手机基本教程 |
| <b>Thursday</b> : Intermediate Ukulele Class, Art Class                                                       | <b>星期四</b> : 乌克兰丽中级课程, 绘画课程            |
| <b>Friday</b> : Basic Ukulele Class, Chinese Calligraphy Class                                                | <b>星期五</b> : 乌克兰丽初级课程, 书法课             |

## COMMONWEALTH (CW) SCHEDULE

## JAN 2019 一月份

- **12/1**  
Love Lunch @ AMK Day Activity Centre  
爱心午餐于宏茂桥日间活动中心

## FEB 2019 二月份

- **9/2**  
No Love Lunch (CNY Period)  
没有爱心午餐 (新年期间)

## MAR 2019 三月份

- **9/3**  
Love Lunch @ AMK Day Activity Centre  
爱心午餐于宏茂桥日间活动中心

### For Clients Only 课程只限会员

- |                                                   |                          |
|---------------------------------------------------|--------------------------|
| <b>Monday</b> : Art Class, Zumba Gold             | <b>星期一</b> : 绘画课, 尊巴     |
| <b>Tuesday</b> : Detox exercise, Calligraphy      | <b>星期二</b> : 淋巴排毒操, 书法   |
| <b>Wednesday</b> : Support Station, Cooking Class | <b>星期三</b> : 健康讲座, 烹饪课程  |
| <b>Thursday</b> : Detox exercise, Ukulele         | <b>星期四</b> : 淋巴排毒操, 乌克兰丽 |
| <b>Friday</b> : Art Class, Vocal Class            | <b>星期五</b> : 绘画课, 声乐班    |

## ANG MO KIO (AMK) SCHEDULE

# 365 Lymphatic Detox Exercise 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>9 Toh Yi Drive</b><br>Mon to Fri, 6am (Garden);<br>Sat, 6am (Basketball Court)<br>Wong Lan Hiang @ 8469 8141 |
| <b>Bukit Gombak Stadium</b><br>Mon to Sat, 7am<br>美美 @ 9225 0303                                           | <b>Commonwealth Field</b><br>Mon to Sat, 6:45am<br>Flossie @ 8198 9218                       | <b>Blk9 Holland Avenue</b><br>Every Tuesday, 8am<br>Monica @ 9829 2387                | <b>407 Yishun Ave 6</b><br>Mon to Fri, 6:30am<br>丽芳 @ 9878 5513                                                 |
| <b>Bedok Reservoir Park</b><br>Mon to Fri, 7:50am<br>翠玲 @ 9004 5360                                        | <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, 7:30am;<br>Sat, 7:15am<br>Bok Soon @ 9679 1686          |
| <b>494C Tampines Ave 9</b><br>Void Deck<br>Mon to Sat, 7:30 am<br>Bok Soon @ 9679 1686                     | <b>257 Tampines St 21</b><br>Mon to Fri, 7:20am except Thu;<br>Wed, 8:30pm<br>淑霞 @ 8288 4679 |                                                                                       |                                                                                                                 |

## OUR SERVICES 我们的服务项目



**Care and Support Team**  
支援小组



**Counselling**  
心理辅导



**Nutritional Support**  
营养咨询



**Physical Exercise Classes**  
体育课程



**Educational Talks**  
防癌教育



**Financial Support**  
经济援助

## About Us 关于我们

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, counselling and therapy services.

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,教导社会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、心灵辅导以及心灵关怀四大项目。

## Executive Committee 执行委员会

|                              |                     |
|------------------------------|---------------------|
| President                    | : Dr Eric Chiam     |
| Vice President               | : Mr James Chia     |
| Honorary Secretary           | : Mr Tan Soo Kee    |
| Honorary Treasurer           | : Mr Lim Wee-Lim    |
| Honorary Assistant Secretary | : Dr Raymond Yuen   |
| Honorary Assistant Treasurer | : Ms Ang Pei Wen    |
| Member                       | : Mr Joshua Siow    |
|                              | : Ms Frances Loy    |
|                              | : Prof Lim Kah Meng |
|                              | : Ms Anna Phua      |
|                              | : Mr Andrew Pang    |
|                              | : Mr Sam Ang        |

|      |         |
|------|---------|
| 会长   | : 詹顺祥博士 |
| 副会长  | : 谢松兴先生 |
| 秘书   | : 陈树基先生 |
| 财政   | : 林伟林先生 |
| 副秘书长 | : 袁泉芳医生 |
| 副财政  | : 洪佩文小姐 |
| 委员   | : 萧子强先生 |
|      | : 黎文鸾小姐 |
|      | : 林家明教授 |
|      | : 潘秀霞小姐 |
|      | : 冯国明先生 |
|      | : 洪汇权先生 |

## Management Staff 管理层

|                                                    |                   |
|----------------------------------------------------|-------------------|
| 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, Marketing, Fundraising & Volunteer Management | : Mr Ashua Chua   |
| 执行长                                                | : 蔡德森先生           |
| 服务与项目总监                                            | : 丘主恩先生           |
| 企业服务部门主管                                           | : 陈美珍小姐           |
| 服务与项目部门主管                                          | : 郭凯丽小姐           |
| 宣传, 筹款与义工管理部门主管                                    | : 蔡顺财先生           |

## Advisors 顾问团

|               |                          |
|---------------|--------------------------|
| Patron        | : Dr Teo Ho Pin          |
| Legal Advisor | : Mr Wu Yu Liang         |
|               | : Mr Choong Thung Cheong |
| 名誉顾问          | : 张御宾博士                  |
| 法律顾问          | : 吴微良先生                  |
|               | : 钟通昌先生                  |

License No. MCI (P) 029/12/2018



Website



Facebook



Instagram

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

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

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368