



“绘画班”

活动与服务经理, 郭凯丽

提到画画, 很自然的生命斗士当中有的反应会说:

“画画? 这是小朋友喜欢的!” 、

“画画?! 我不会!” 、

“画画?! 已经离我很远了!” 、

“画画?! 我那有这闲情!” …。

有的生命斗士也会说:

“哇! 好啊!” 、

“哇, 我喜欢!” 、

“哇, 我可以试试看” …等等不同的声音。

绘画班之目的: 制造一个平台和环境, 让生命斗士调理心情及培养心情。

绘画班之功效: 绘画是眼、手、脑紧密配合的活动。因此, 生命斗士可以在绘画活动中, 将感知到的具体形象, 通过眼睛认真观察, 经过分析、比较找出主要特征, 又可以运用线条、色彩等手段描绘出来, 做到视有所感、脑有所思、手有所致的功效。

绘画开班至今将近2年, 也激发了生命斗士对绘画的兴趣, 吸引了许多的生命斗士来学画画。从一堂节课到开办两堂节课, 每一堂节课都精心设计有趣的单元和系统性的进行, 教导生命斗士学习到多种类的画画

“Art Class”

Programmes and Services Manager, Kelly Kuo

When we talk about painting, many cancer warriors have responded:

“Painting? That’s kids’ favourite!”

“Painting?! I cannot do that!”

“Painting?! It’s too far from my life!”

But some cancer warriors may say:

“Wow! Good!”

“Wow, I like it!”

“Wow, I can have a try”, etc.

The painting class aims at creating a platform and an environment for the cancer warriors to find comfort and relief emotionally.

Functions of the painting class:

Painting is a close coordination of eyes, hands and brains.

Hence, the cancer warriors use lines and colours to determine the images’ main characteristics through observation, analytical and comparison skills.

The painting class has been ongoing for nearly 2 years. It has also stimulated the cancer warriors’ interests towards painting, as well as attracting many to learn. We are currently offering 2 lessons instead of 1 and ensuring that every lesson has well-designed and interesting units for cancer warriors to learn various painting skills.



Chan Siew Leong,
Art Class Instructor
陈绍樑, 绘画老师

Art Class Instructor 绘画老师

“I was excited when I was first approached by 365CPS to conduct art lessons for participants in December 2014. In my mind, I considered drawings and paintings can be therapeutic for people engaging in art work. It helps a person to think more using the brain, doing physical exercises using his/her hands and also being creative too. Hopefully, participants can identify their own passions for art and develop their drawing abilities and become artists in their own rights.”

“当我2014年12月第一次来到365防癌教育协会的时候我感到很兴奋。我个人觉得, 画画也可以作为一种治疗方法使人沉浸在艺术中。它可以帮助人们更多地用大脑来思考, 用双手来运动, 也可以激发出更多的创造力。我希望参与者可以找到对艺术的热情, 提高绘画的能力, 都能成为艺术家。”

陈贤豪

当我开始在365防癌教育协会参加为期5节的绘画课时，我很希望每天都能练习素描，也希望能在画画的时候得到内心的治愈。

我很喜欢 每天下午Mr Chan 的面部提示课程。老师按照不同的面部特征来安排课程，最后再把它们还原到面部。我们每一个人都得到一个“特殊的配方”，上面详细地写着椭圆形脸的面部结构。我们还学习了画阴影的方法以及不同色调的使用。

在家里我会利用自己的时间来练习老师讲解的每一个提示，都可以很容易的做到。最后一节课上，我们会在纸上来自由发挥。

通过学习绘画，我更加地了解自己，我觉得这种艺术课程都是对人很有启迪的，很有启发性。

这是一个非常宝贵的经历，我在绘画课程里学到了很多，也抛弃了很多的弊习。当然，我也学到了如何画漫画。。

STUDENT STORIES:

Rosy Tan

When I started this 5-session course in Portrait drawing at 365CPS, I wanted a daily pencil sketch practice and I also desired to do some emotional healing work while sketching.

I really liked receiving a facial part prompt each afternoon with the trainer Mr Chan Siew Leong. He divided each lesson focusing on the different facial features and finally assembling on the total face in developing stages. Each of us were given a 'secret recipe' explaining step by step positioning and how to do proportioning on the Oval Face. We learned shading techniques and explored varying tone usage.

Each prompt was easily "doable" in the time I had to sketch on my own private time at home. The last lesson is reserved for free expression on paper in class.

I learned a lot about myself by exploring these sketches. I find the Art courses very revealing and truly enlightening.

This has been a remarkable experience and I have learned and unlearned a great deal about myself. The skill I acquired also equipped me to do caricature drawing...



Rosy Tan

吕曼华

我是个初学者。老师给我用心的指导和鼓励，引发我对画画的兴趣。通过画画，我的心情开朗了许多。

如今，我已经完成了好些作品，觉得很开心。尤其当完成一幅画时，那种快乐是无法形容的。

最近老师叫我们画卡通人物，这带给我很多乐趣。有时，我看着我的作品，也觉得滑稽。

上课时，我交到很多朋友，也从中学习到如何欣赏别人的作品，互相交换心得，实在得益不少。

STUDENT STORIES:

Lui Man Wah

I am a beginner. Thanks to instructor's efforts in guiding and encouraging me, I am more and more interested in drawing and also feel that I have become more joyful. So far, I have completed many works and I am so happy about that. Whenever I finished a piece of artwork, the joy is indescribable.

Lately, the instructor taught us how to draw cartoon characters, which had brought so much fun. Sometimes, looking at my own artworks, I find it very amusing.

Through the lessons, I have made many friends, learnt how to appreciate others' works and exchanged our thoughts.

I must say that I benefitted a lot from the drawing lessons.



Lui Man Wah



PATIENT STORIES:

Chan Siew Fong

陈秀凤

在患癌之前，我是一个非常忙碌的人，我没有办法停止自己的脚步休息。在这多年工作的忙碌，家庭的需求。要求自己每一件事情都要完美，让自己很压力。对饮食，运动，睡眠也没有处理的很妥当，脾气非常的暴躁。大约在2011年也因为家庭出现问题，工作的压力之下也使我的情绪非常低落，也进入失眠的状态，每一晚只能睡眠三至四个小时而已，这样的情形维持两年多之久。

在2013年尾，我发现自己的左乳房有硬块，这时刻我的脑海知道这个是非常不妙的事情将要发生，但是因为工作忙碌我也不去理会它。直到在2014年的年初到公司年度检查，报告发现有六块的硬块，医生需要抽取组织化验。等了两周报告不利，证实出现癌细胞，医生要我马上安排入院切处硬块，以免感染其他部位。其实知道这消息后，心情非常不愿意和自问为什么是我？因为我知道不只是开刀这么简单，还需要化疗和电疗。当医生对我解释开刀的原因是最快的方法，化疗和电疗是为了免去癌细胞的繁殖。在这过程中心情很消极，没有办法稳定心中的痛苦。

在2014年八月进行开刀，九月进行化疗六次，每当化疗过后，不能吃、不能喝还有不能入眠。但是在化疗的过程我也给自己一个目标，一定要在一个星期能够吃喝，感谢上帝我真的做到！我在第二次的化疗，身体开始就不能再做化疗了。但是，因为我知道前面的路还很远，还有四个孩子要照顾，我不能停止，一定要坚持走下去。

在2015年回到工作岗位，身体还是不能正常的运作，也许是细胞还没有恢复吧！在这一年之久，情绪时好时坏，有时候情绪失去控制，发脾气的次数越来越严重，也因为这样，我变得非常孤僻，不喜欢与人沟通。每一晚都会想起自己的问题而流泪失眠。虽然工作能给我一个寄托，但是情绪的不稳定也带来压力，这样的生活反反复复地渡过一整年。我告诉自己这样的生活不是我要的，我一定要做改变。

在2016二月份在裕廊东的地带遇见365防癌教育协会在做捐款活动，当我看见是癌症的捐款，我的心就充满怜悯要帮助这些有需要的人，也让自己可以参与，因我知道自己也是其中一名癌症病患者。很奇妙的，认识365防癌教育协会的，活动与服务经理凯丽。就在信息里问她关于365防癌教育的捐款活动，在了解之下协会将要举办活动课程包括排毒体操、饮食教导、健康讲座、形象课程、心灵课程。我决定之下加入协会的活动，每一次去到协会的时候，也是一人躲在角落静静地学习，不爱说话，心情还是如此的迷茫，独来独往。虽然心情不是很乐观，但是，我还是坚定自己一定要坚强走下去，因为我需要重新建立新的生命。

在协会里结交好多生命斗士，可以同感受彼此的过程，也能彼此鼓励对方，同工的关怀和爱护，让我的心情也开始解开了！经过协会课程和团契生活，我也慢慢地喜乐了。课程的教导，让我最感深触的是心灵课程，对一个生命斗士来说，最重要的是得到医治，心灵之窗要打开，给自己再一次机会重新站起来。记得刘凯欣老师说过喜乐的心乃是良药，因为一切的思想是由心开始，她也教导要活得有自信，无论在个人形象，谈言举止都要有一定的自信心。在另一个的心灵课程，就是透过绘画，可以把自己内心深处所思所想的画在纸上，释放了自己心中消极的思维，把积极的一面画出来。

经过这些课程，让我明白生活作息的平衡，运动、心灵和饮食要注意，才能活出美好的自己！

Before suffering from cancer, I had a busy lifestyle without giving myself any rest. Years of busyness in work, family and personal expectation of doing everything perfectly made me a stressful person. I couldn't have a regular diet, do proper exercises and I was in a lack of sleep with a bad temper. In 2011, because of family problems and the pressure from work, I was feeling depressed and suffered from insomnia. I slept about three to four hours every night for more than two years.

At the end of 2013, I found lumps in my left breast, which signaled me that something bad might happen. However, due to my hectic work schedule, I was did not bother it. Until the beginning of 2014, after a company's annual health screening, my report showed that there were six pieces of lumps and the doctor needed to extract tissue for tests. After two weeks, the lumps were confirmed cancerous. When I was told of the news, I was very reluctant to accept and wonder why did it happen to me? The doctor arranged for me to go to the hospital immediately to remove the lumps so that it would not affect other parts of my body. Surgery was not sufficient; I also had to do chemotherapy and electrotherapy. The doctor explained to me that the fastest way was to go for surgery, while chemotherapy and electrotherapy help to prevent the growth of cancer cells. During that period, I was very depressed and helpless. I couldn't find a way to remove the pain in my heart.

In August 2014, I went for the surgery and did chemotherapy in September for six times. Each time after a chemotherapy session, I could not eat or drink or sleep. I set a goal for myself that I must be able to eat and drink in a week. Thank God, I really did! However, after the 2nd session of chemotherapy, I felt that my body could no longer accept chemotherapy.



PATIENT STORIES: Chan Siew Fong 陈秀凤

The thought of taking care of four children and a long way ahead for us, I know that I have to persevere and keep going.

In 2015, I went back to work while my body was still in the process of recovery. In that entire year, my emotion was pretty unstable. I often lose control and temper more frequently, which makes it difficult for others to understand me without proper communication. Every night, when I thought about those problems, I cried and couldn't sleep. Although my work comforts me to some extent, but my emotion instability brought me more pressure. It was difficult throughout the year and I told myself that this was not what I wanted. I had to change.

In February 2016, when I saw a fundraising drive organized by 365 Cancer Prevention Society at Jurong East. I felt the compassion to help these people in need, and also wanted to participate as one of the cancer patients. I was glad to meet Kelly, the programs and services manager of 365 Cancer Prevention Society. I knew more about the activities arranged by 365 Cancer Prevention Society by texting her. I was informed that there are activities like the Detox Exercises, Cooking Class, Health talk, Image Makeover, emotional management classes held. I decided to participate in those activities. Every time I was there, I kept to myself, learnt quietly and still did not feel hopeful. But I continued to encourage myself to be strong because I know that I need to re-establish a new life.

In the society, I met a lot of other cancer fighters. We could share our feelings of the recovery process and encouraged one another. The care and love from the staffs also comforted my heart. After taking the classes and gatherings, I began to feel the joy within me gradually. What impacted me deeply was during the emotional therapy class, which I learnt the most important thing for a cancer fighter is to open the window of my heart and gave myself another chance to stand up again. I remembered one of the instructors- Ms. Liu Kaixin said that a joyful heart is a result of positive thoughts that makes the best medicine for us. She also taught me to live with confidence and reflected on the image I have of myself and how I speak. In another emotional management class, I was taught to draw whatever I thought on the paper to release my negative emotions and see the positive ones.

During these classes, I learnt that in order to be a better "me", it is important to balance my life and work, pay more attention to exercises, my internal thoughts and diet to start a new life with hope and joy.



*Special Thanks
to our Sponsors*



Tomato

- the magic fruit among vegetables

Tomatoes have multiple medical effects. They promote homeostasis and lower blood pressure. Tomatoes are also diuretic, digestive, thirst quenching, heat-clearing, detoxifying, and liver-calming. As tomatoes contain the right proportion of vitamin A and vitamin C. Regular intake of the vegetable helps to improve the functions of small blood vessels and prevent vascular aging. They also have the special effects of preventing vascular sclerosis, cervical cancer, bladder cancer, pancreatic cancer, etc. Tomatoes are not only nutritious, but also have strong effects in detoxification and prevention of pathological processes. Having a fresh ripe tomato every day helps in cancer prevention and adjuvant treatment of cancer.



番茄 — 奇妙的菜中之果

番茄具有止血、降压、利尿、健胃消食、生津止渴、清热解毒、凉血平肝的功效。由于番茄中维生素A、维生素C的比例合适，所以常吃可增强小血管功能，预防血管老化。还有预防血管硬化的特殊功效，可以预防宫颈癌、膀胱癌和胰腺癌等疾病；

番茄不仅营养丰富，且具有较强的清热解毒、抑制病变功效，坚持每天生食1个鲜熟的番茄，可起到防癌和辅助治疗癌症的作用。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。

Spinach

contains a variety of chemical substances, belonging to yellow-green vegetables. Because it contains a lot of β -carotene, spinach helps to prevent reactive oxygen function therefore to prevent the division and reproduction of cancer cells, and enhance the immune cells that inhibit cancer cell growth. According to statistics, areas with larger spinach consumption have lower incidences of gastric cancer and colorectal cancer. Studies have also shown that eating spinach helps to prevent lung cancer. It may also assist in the prevention of oral cancer, nasopharyngeal carcinoma, oesophageal cancer, and breast cancer. β -carotene is the most

effective reagent. According to Dr. Norman Krinski, edible spinach can promote the growth of T lymphocyte and improve immune function. Spinach has highest content of folic acid among vegetables, and is a moderate alkaline food, which repairs the tumour suppressor factor and inhibits spread of tumour. If combined with vitamin B12 (in stomach acid) the restoring power is even stronger. Spinach also contains vitamin E and C with anti-oxidation effects.

菠菜

菠菜含有多種化學物質，屬黃綠色蔬菜，因含有大量 β -胡蘿蔔素可防止活性氧功能阻止細胞癌化、分裂和繁殖，可使免疫細胞增強、抑制癌細胞生長。根據統計，菠菜食用較多的地區，胃癌及大腸直腸癌發生率均較低；同時根據研究證實，食用菠菜對肺癌有防治效果，對口腔癌、鼻咽癌、食道癌、乳癌之防治亦可能具有效果，其中最大效益是含有 β -胡蘿蔔素的關係。另根據諾曼·克林斯基博士指出，食用菠菜可促進T淋巴球生長，增進免疫功能。菠菜為葉酸含量最高的蔬菜，屬中等的鹼性食物，可修復抑癌因子及腫瘤的蔓延，若與維他命B12結合（在胃酸中）修復力更強，所含之維他命E和C亦具有抗氧化作用。



三文鱼浓汤

用料:

1 汤匙 橄榄油
2 蒜
2 大葱
1/3 杯 红萝卜
1/3 杯 芹菜
1/3 杯 蘑菇
1000 ml 低钠鸡汤
375 ml 水
350 g 三文鱼
2 1/2 杯 菜花
1 1/2 汤匙 干韭菜
2 杯 马铃薯
1/4 杯 鲜莳萝 / 2 茶匙 干蒿菜
海盐
黑胡椒

Hearty Salmon Chowder

Ingredients:

1 Tbsp Olive Oil
2 Cloves Garlic
2 Bulbs Onion
1/3 Cup Carrot
1/3 Cup Celery
1/3 Cup Mushroom
1000 ml Reduced Sodium Chicken Broth
375 ml Water
350 g Salmon
2 1/2 Cauliflower Florets
1 1/2 Tbsp Dried Chives
2 Cups Potato
1/4 Cup Fresh Dill / 2 Tsp Dried Tarragon
Sea Salt
Black Pepper

做法:

1. 把萝卜切成丁, 芹菜切小块, 剁碎蒜和把大葱切片。
2. 把马铃薯的皮去掉然后切小块。
3. 在一个小锅里, 加入水和马铃薯煮滚。
4. 把马铃薯取出, 水倒掉, 捣马铃薯然后放在一旁先。
5. 把油加入热锅, 在加入红萝卜, 芹菜, 大葱和蒜蓉。要时刻搅拌。
6. 当菜稍微有点金黄色时, 加入鸡汤, 水, 三文鱼, 菜花和干韭菜。
7. 让汤煮滚后, 调小火候。
8. 把三文鱼取出然后切小片。
9. 把马铃薯泥加入汤里, 搅拌均匀。
10. 加入鲜莳萝, 海盐和黑胡椒调味。

Method:

1. Cut the carrot into dices, cut the celery into smaller pieces, mince the garlic and slice the onions.
2. Remove the skin of the potato and cut it into smaller pieces.
3. In a pot, add potato and water, bring to boil.
4. Once the potato is cooked, drain and mash, set aside.
5. Heat oil in a large saucepan, add carrot, celery, onions and garlic. Stir frequently.
6. Once the vegetables begin to brown, add broth, water, salmon, cauliflower and chives.
7. Bring to simmer and let the salmon cook through.
8. Remove the salmon and flake it into smaller pieces.
9. Add the mashed potato into the soup, mix well.
10. Add dill, salmon, season with salt and pepper.

近期活动 UPCOMING EVENTS

七月份

1/7 – 健康讲座于圣安德烈社区医院
6/7 – 爱心午餐于武吉巴督
15/7 – 爱心午餐于波东巴西
15/7 – 爱心午餐于劳明达
22/7 – 爱心午餐于365CPS 协会

八月份

3/8 – 爱心午餐于武吉巴督
5/8 – 健康讲座于圣安德烈社区医院
19/8 – 爱心午餐于劳明达
26/8 – 爱心午餐于365CPS 协会

九月份

2/9 – 健康讲座于圣安德烈社区医院
7/9 – 爱心午餐于武吉巴督
16/9 – 爱心午餐于波东巴西
16/9 – 爱心午餐于劳明达
23/9 – 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
星期四：形象打造
星期五：中医理疗

课程会有变动。若需要更多详情，请联络协会。谢谢！

July

1/7 – Health talk @ St Andrew's Community Hospital
6/7 – Love Lunch @ Bukit Batok
15/7 – Love Lunch @ Potong Pasir
15/7 – Love Lunch @ Lavender
22/7 – Love Lunch @ 365CPS

August

3/8 – Love Lunch @ Bukit Batok
5/8 – Health talk @ St Andrew's Community Hospital
19/8 – Love Lunch @ Lavender
26/8 – Love Lunch @ 365CPS

September

2/9 – Health talk @ St Andrew's Community Hospital
7/9 – Love Lunch @ Bukit Batok
16/9 – Love Lunch @ Potong Pasir
16/9 – Love Lunch @ Lavender
23/9 – Love Lunch @ 365CPS

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

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

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	6 Potong Pasir Ave 2 S358361 Every Saturday, 9.10am (Except 1 st Sat of the month) 杨承瑛@9002 2322
Bukit Gombak Stadium Mon to Sat, 7am 美美 @ 92250303	Commonwealth Field Mon to Sat, 7am Flossie @ 8198 9218	98 Dover Road Sat, 9.30am (2 nd & 4 th week) 利雄 @ 9277 5529	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	Tampines North East CC Wed, 8.30pm Leonard @ 9654 2760	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
9 Toh Yi Drive Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) Wong Lan Hiang@ 97940076	407 Yishun Ave 6 Mon to Fri, 6.30am 丽芳@ 9878 5513	Blk 9 Holland Avenue Every Tuesday 8pm 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
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

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

Donor Hotline: 6323 2012

365CPS Hotline: 6337 3368

Email: enquiry@365cps.org.sg

Facebook: www.fb.com/365cps