



NEWSLETTER

四月季

APRIL 2023 刊

I feel extremely privileged to be a member of 365CPS, where I can befriend like-minded people

我很荣幸成为365防癌教育协会的成员，在这里我可以结识志同道合的人。

- Alison Yee

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What is cholesterol and how does diet affect blood cholesterol levels?

什么是胆固醇与日常饮食如何影响胆固醇水平？

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SPECIAL MENU FOR THIS MONTH

本月特别食谱

Crispy broccoballs
西兰花脆球

SUPPORTING EACH OTHER AND HEALING

互相扶持，共同治愈

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TAMPINES 365CPS SOCIAL SERVICE CENTRE

新开发的365防癌教育协会服务中心

Our Social Service Centres (SSCs) are established to meet the needs of life fighters in the fight against cancer, and it also provides some comprehensive and practical solutions for the family members of these cancer fighters in their daily lives.

In order to make it easier for members living in the East to receive community services and activities, 365 Cancer Prevention Society has newly opened a Tampines Community Service Center (TMP SSC) at Tampines Street 83, Block 885A. In this way, we can extend our services to neighborhood centers and provide convenient community services to cancer warriors who live in nearby senior apartments and rental flats.

Tampines Social Service Centre (TMP SSC) has started serving the community on September 1, 2022, benefiting cancer fighters from different races and classes. We were also honoured to invite Dr. Koh Poh Koon, Senior Minister of State, Ministry of Sustainable Development and Environment, Ministry of Manpower, Member of Parliament for Tampines GRC and Consultant of Grassroots Organizations, to preside over the

opening ceremony of the Tampines TMP SSC on November 12, 2022.

TMP SSC will double as an activity center and a day center, providing daily classes, comprehensive activities, day care services, medical and health talks, psychological counseling and nutritional counseling services. We also plan to make it a second home for cancer fighters, where they can relax in a cozy lounge, enjoy healthy juices, and nutritious lunches and dinners. Our counselors fully support cancer warriors and help them cope with emotional anxiety and depression, while our nutritionists can provide personalised individual meal plans. In addition, our nutritionists also provide one-on-one nutritional consultation services to ensure that cancer fighters can get enough nutrition and energy to actively fight cancer.

You are welcome to fight cancer together with us! If you are interested, please contact Tampines SSC at 80289871 or visit 365cps.org.sg to find out more about our Society.

365防癌教育协会社区服务中心 (SSC) 设立的宗旨是为了满足生命斗士在抗癌过程中的需求, 它也同时也为家属在日常生活上提供一些完善和实在的处理方法全面且实用的解决方案。

为了让居住在东部的会员能更便利的接收到社区服务和活动, 365 防癌教育协会已在淡滨尼83街, 第885A座组屋楼下设立了淡滨尼社区服务中心 (TMP SSC)。这样一来, 我们就能将服务范围扩展到邻里中心, 也能为居住在附近乐龄公寓和租赁组屋的抗癌勇士们提供便捷的社区服务。

淡滨尼社区服务中心 (TMP SSC)在2022年9月1日开始投入服务, 受惠的生命斗士来自不同的种族和社会阶层。协会也很荣幸的邀请到永续发展与环境部兼人力部高级政务部长, 淡滨尼集选区议员兼基层组织顾问, 许宝琨医生于2022年11月12日为淡滨尼社区服务中心主持开幕典礼。

淡滨尼社区服务中心 (TMP SSC)将兼作为活动中心和日间中心, 提供日常课程、综合活动、日托服务日间护理服务、医药保健健康讲座、心理辅导和营养咨询服务。我们也计划将服务中心打造成为抗癌勇士的第二个家, 让他们可以在温馨舒适的休息室静心休养, 享用健康的果汁和, 营养丰富的食物, 午餐和晚餐。

我们的辅导员将竭尽全力支持抗癌勇士并帮助他们疏解情绪上的焦虑和抑郁。同时, 我们的营养师也会为他们设定量身定制的个人饮食计划, 和提供一对一的营养咨询服务, 以确保抗癌勇士能获得足够的营养和精力与癌症对抗。

TESTIMONIES FROM THE BENEFICIARIES OF TMP SSC

淡滨尼服务中心受益者的分享

GRACE LI'S TESTIMONY

李斌的分享

When I was diagnosed with cervical cancer in March 2018, I was terrified. The side effects of chemotherapy also left me physically and mentally exhausted. Fortunately, I was referred to 365 Cancer Prevention Society. Afterwards, a counsellor began to visit me at my home regularly. With her comfort and encouragement, I gradually emerged from the hopeless state of mind which my diagnosis plunged me into. I was also regularly invited to participate in various activities.

When I learned that Tampines SSC had opened, I was very happy and immediately signed up for Chinese calligraphy, ink painting classes, mind body relaxation classes and line dancing. Taking these classes allowed me to learn new skills and make new friends. I forgot my troubles during the focused learning process and reaped joy from the results of learning.

I am very grateful to 365CPS for giving us the opportunity to participate in these free classes. I think these activities are very meaningful and helpful to cancer patients. I hope that every cancer patient will benefit from the activities held by 365CPS.

-Grace Li Bin , Cervical Cancer Fighter

我在2018年3月被诊断患上子宫内膜癌,当时我感到非常的恐惧。化疗的副作用也让我身心俱疲。幸运的是,我被转介到365防癌教育协会。之后一位辅导员开始定期到我家做家访。在她的安慰与鼓励下,我逐渐的从诊断带来的绝望心理走出来。我也经常被邀请参加各类活动。

当我得知淡滨尼社区服务中心开放后,我非常高兴并立即报名参加了中国书法、水墨画班,助于身心放松的课程和排舞班。参加这些课程不但让我学习到新的技能,还结交了新朋友。我在专注的学习过程中忘却烦恼,也从学习的成果中收获喜悦。

我非常感谢365防癌教育协会让我们有机会参加这些免费课程,我认为这些活动对癌症病患来说是非常有意义和有帮助的。我希望每一位癌症病患都能从365防癌教育协会所举办的活动中受益。

- 李斌,
子宫颈癌抗癌勇士





MICKEY'S TESTIMONY

Mickey的分享

My family moved to Singapore from Hong Kong two years ago. When I was diagnosed with cancer, I searched for some help on the Internet and found 365CPS. I was provided a nutritionist consultation service in a timely manner to support my dietary problems during chemotherapy. During my treatment, the staff would call to care for me, which made me feel supported and encouraged. After the treatment, I participated in various classes at the SSC and met students with similar experiences, which greatly expanded my social circle. Seeing everyone leading an optimistic and colourful life makes me more courageous to face life positively and explore different interests. I am very

grateful to all the enthusiastic staff at 365CPS. Now, 365CPS has become my second home in Singapore.

- Mickey, Cervical Cancer fighter

两年前,我和家人从香港移居到新加坡。当我被诊断患有癌症时,我便在网上搜索了一些帮助,无意间找到了365防癌教育协会。在成为会员后,协会适时为我提供了营养师咨询服务,以解决我在化疗期间的饮食问题。在治疗期间,协会的职员会致电关心我,为我提供了很大的支持与鼓励。治疗结束后,我也参与了中心各式各样的兴趣班,认识了一班拥有相似经历的学员,大大拓展了我的生活圈子。看到每个人都各自拥有乐观向上,多姿多彩的生活,让我更有勇气积极面对生命,探索不同的新兴趣。我很感激365防癌教育协会所有热心的职员。现在,365防癌教育协会已成为我在新加坡的第二个家。

-Mickey, 子宫颈癌抗癌勇士



ALISON YEE'S TESTIMONY

茹丽红的分享

I was diagnosed with Stage 3 Breast Cancer at the end of 2019. It was definitely not an easy journey, especially emotionally. I feel extremely privileged to be a member of 365 Cancer Prevention Society, where I can befriend like-minded people, share our experiences and enjoy activities together. The activities like Zentangle Art, Chinese Calligraphy, Water Colour, Zumba Gold and Detox exercise encouraged me to live an active lifestyle and pick up new skills. The friendly staff and kind trainers are all so passionate about their work - which is why I visit the Social Service Centre 4 times a week.

Lastly, a big and sincere thank you to my beautiful family, the wonderful staff of 365 Centres, the generous donors, volunteers, the doctors and nurses for the care and love.

- Alison Yee, Breast Cancer Fighter

我在 2019 年底被诊断出患有 3 期乳腺癌。这绝对不是一段轻松的旅程,尤其是在情感上。我很荣幸成为365防癌协会的一员,在这里我可以结识志同道合的人,分享我们的经验并一起享受活动。禅绕班、中国书法、水彩、尊巴和排毒运动等活动鼓励我过上积极的生活方式并学习新技能。友好的工作人员和亲切的培训师都对他们的工作充满热情——这就是我每周到社会服务中心 4 次的原因。

最后,衷心感谢我美丽的家人、365防癌教育协会服务的优秀员工、慷慨的捐助者、志愿者、医生和护士的关心和爱护。

- 茹丽红, 乳腺癌抗癌勇士者

LIM KAH BEOW'S TESTIMONY

林嘉苗的分享

My name is Lim Kah Beow and I am a 63 year old nasal cancer patient.

My sister urged me to join 365CPS. I had stopped working at the time, so taking part in their SSC activities was something for me to look forward to. I learned how to take better care of myself and how to eat good and healthy food. I also practiced drawing and ink painting, which made me more emotionally stable. A care leader also visits me at my home and encourages me to participate in their activities. So, I started taking classes such as detox exercise sessions and learn how to make healthy food choices.

I would like to encourage all cancer warriors to make fuller use of their hobbies to help them slowly return to their life before cancer.

-Lim Kah Beow, Nasal Cancer Fighter

我叫林嘉苗，是一名 63 岁的鼻癌病患者。

我的亲人劝我加入365防癌教育协会。我当时已经停止了工作，所以参加SSC的活动对我来说是一件值得期待的事情。我学会了如何更好地照顾自己，如何吃好的和健康的食物。我也练习绘画，水墨画，使我的情绪更稳定。关怀组长也会来看望我，鼓励我参加他们的活动。所以我开始上课，学习排毒操，学会如何选择健康的食品。

我想鼓励所有的抗癌勇士多利用自己的爱好来帮助他们，慢慢回归正常生活。

- 林嘉苗, 鼻癌抗癌勇士



WHAT ARE HEAD AND NECK CANCERS?

什么是头颈癌?

Head and neck cancers are usually related to malignant tumors found in the upper aerodigestive tract. The upper aerodigestive tract includes:

- Nasal cavity
- Nasopharynx
- Paranasal sinuses
- Oral cavity
- Oropharynx
- Hypopharynx and esophagus
- Larynx

What are the symptoms?

The common symptoms include dysphagia (difficulty in swallowing), odynophagia (pain on swallowing), non-healing mouth or tongue ulcers, neck lumps, epistaxis (nose bleeding), hemoptysis (blood in sputum), and persistent hoarseness.

What are the risk factors?

The common risk factors include:

- Smoking
- Heavy alcohol consumption
- Betel nut (areca nut) chewing
- Tobacco chewing
- Chronic irritation from ill-fitting dentures
- On immunosuppressants; human immunodeficiency virus (HIV)
- Human papillomavirus (HPV) infection

What are suggested ways for prevention?

The cessation of smoking or heavy alcohol consumption would be helpful to prevent head and neck cancers. Patients with dentures should see their dentist regularly to ensure that their dentures are fitted properly. Similarly, patients who encounter frequent gum or mouth irritation from the impact of sharp teeth should consult their doctors or dentists.

What are the treatments for head and neck cancers?

The treatment of head and neck cancers usually involves a combination of surgery, radiation therapy, chemotherapy, and immunotherapy. A multidisciplinary approach is crucial to the management of patients with head and neck cancers. The prognosis depends largely on the location and stage of the cancer. Early cancers (Stage I and II) can have a cure rate of up to 90%.

*Written by Dr Tan Ngian Chye,
General Surgery Specialist at Farrer
Park Hospital*

头颈癌通常与上呼吸消化道中发现的恶性肿瘤有关。上呼吸消化道包括:

- 鼻腔
- 鼻咽部
- 鼻窦
- 口腔
- 口咽部
- 下咽和食道
- 喉部

有什么症状?

常见症状包括吞咽困难(吞咽困难)、吞咽痛(吞咽疼痛)、口腔或舌头溃疡不愈、颈部肿块、鼻衄(流鼻血)、咯血(痰中带血)和持续性声音嘶哑。

有哪些风险因素?

常见的风险因素包括:

- 抽烟
- 大量饮酒
- 咀嚼槟榔(槟榔)
- 嚼烟
- 不合适的假牙引起的慢性刺激
- 免疫抑制剂; 人类免疫缺陷病毒(HIV)
- 人乳头瘤病毒(HPV)感染

有什么建议的预防方法?

戒烟戒酒有助于预防头颈癌。戴假牙的患者应定期看牙医,以确保假牙安装正确。同样,经常因尖锐牙齿的撞击而引起牙龈或口腔刺激的患者应咨询他们的医生或牙医。

头颈癌的治疗方法有哪些?

头颈癌的治疗通常涉及手术、放射疗法、化学疗法和免疫疗法的组合。多学科方法对于头颈癌患者的管理至关重要。预后在很大程度上取决于癌症的位置和阶段。早期癌症(I期和II期)的治愈率可高达90%。

撰稿人: 陈仰才医生, 外科专家 斐瑞医院



Often, when our blood cholesterol levels are high, we are asked to limit our egg consumption or avoid it altogether. Is this true? What is cholesterol and how does diet affect blood cholesterol levels?

Cholesterol is a waxy substance, builds and maintains functions of body cell membranes, making Vitamin D, hormones and bile acids. 70% of blood cholesterol is made by our liver, while 30% comes from cholesterol-containing food. Thus, instead of avoiding food high in cholesterol, it's more important to cut down on food high in saturated fat since saturated fat increases blood cholesterol levels.

As a result, we should now understand that saturated fat is the primary contributor to high blood cholesterol levels. Tips for lowering blood cholesterol:



NO EGGS FOR HIGH CHOLESTEROL? 高胆固醇不能吃鸡蛋?

1. Enjoy high-cholesterol food in moderation

- Enjoy organ meat and seafood (prawns, crabs, squids, clams) in moderation
- Four egg yolks per week is the maximum, while egg whites can be consumed as much as you like

2. Limit saturated fat intake

- Trim off the visible fat and skin from meat
- Leave the thick gravy or sauces behind
- Limit deep-frying and choose healthier cooking methods: steaming, boiling, blanching, stir-frying, microwaving, air-frying
- Avoid usage of palm oil and coconut oil in meal preparation
- Choose products labelled 'fat-free', 'low fat' or 'reduced fat'

3. Consume soy products

- Recommend to have 2-3 servings daily (1 serving = 1 palm-sized amount)
- Unsweetened soy milk, unsweetened tau huay, tofu, taukwa, tempeh, soya beans

4. Consume soluble fibre-rich food

- 3g of beta glucan (soluble fibre) helps reduce blood cholesterol by 6%
- Oats, oat bran, barley

5. Snack with unflavoured nuts and seeds

- Recommend one handful (28-30g) of unflavoured nuts and seeds daily
- Rich in unsaturated fat and lower in saturated fat

6. Consume food rich in plant sterol and plant stanol

- 2g of plant sterol will reduce low-density lipoprotein (LDL) cholesterol by 7.5-12%
- Sterol/stanol fortified low fat milk

当我们面临高胆固醇时, 通常我们都会被告知限制或完全避免摄取鸡蛋。这是真的吗? 什么是胆固醇, 日常饮食如何影响胆固醇水平?

胆固醇是一种蜡状物质, 可构建和维持身体细胞膜的功能, 制造维生素D、荷尔蒙和胆汁酸。我们的胆固醇70%是由肝脏制造的, 而30%则来自于胆固醇高的食物。因此, 与其避免食用高胆固醇食物, 我们更应少吃高饱和脂肪的食物, 因为饱和脂肪会增加血液中的胆固醇水平。

所以, 我们现在应该明白饱和脂肪是导致高胆固醇的主要原因。降低胆固醇的小贴士:

1. 适量食用高胆固醇的食物

- 适量食用内脏和海鲜 (虾、螃蟹、鱿鱼、蛤蜊)
- 一周最多4颗蛋黄, 蛋白摄取没有限制

2. 限制摄取饱和脂肪

- 去除肉的脂肪和皮
- 减少摄取肉汁或酱汁
- 少吃油炸, 选择更健康的烹调方法: 蒸、煮、焯、炒、微波、气炸
- 避免食用棕榈油和椰子油
- 选择标有'无脂', '低脂'或'减脂'的产品

3. 食用豆制品

- 建议每天摄取 2-3 份 (1份 = 1个手掌大小分量)
- 无糖豆浆、无糖豆花、豆腐、豆干、天贝、黄豆

4. 摄取富含可溶性纤维的食物

- 一天3克β 葡聚糖 (可溶性纤维) 有助于将血液中的胆固醇降低 6%
- 燕麦、燕麦麸、大麦

5. 原味坚果和种子作为点心

- 建议每天食用一把 (28-30 克) 原味坚果和种子
- 富含不饱和脂肪, 饱和脂肪含量较低

6. 摄取富含植物甾醇和植物甾烷醇的食物

- 2 克植物甾醇可将低密度脂蛋白 (LDL) 胆固醇降低 7.5-12%
- 甾醇/甾烷醇强化低脂牛奶

CRISPY BROCOBALLS

西兰花脆球

Prep time : 20 minutes 准备时间 : 20分钟
Cook time: 15 minutes 烹调时间 : 15分钟
Serves : 5 persons 份量 : 5 人份

Ingredients

- 1 cup instant oats
- 2 cups broccoli, steamed and chopped finely
- 2 eggs
- 1 onion, chopped finely
- 2 eggs
- 2 tbsp olive oil
- 1/4 cup walnut, crushed

食材

- 1 杯速溶燕麦
- 2 杯西兰花, 蒸熟, 切碎
- 2 粒鸡蛋
- 1 颗洋葱, 切碎
- 2 汤匙橄榄油
- 1/4 杯胡桃, 压碎

Seasonings:

- 1/4 tsp low sodium salt
- Black pepper powder

调味料:

- 1/4 茶匙低钠盐
- 黑胡椒粉

Dipping Sauce:

- 1/2 small tub low fat plain yoghurt
- 1/2 tsp lime juice

沾酱:

- 1/2 小罐低脂原味优格
- 1/2 茶匙酸柑汁

Instructions 煮法

1. Preheat oven at 180 degrees.
 2. Combine instant oats, steamed broccoli, egg, onion, olive oil and walnut. Mix until well combined.
 3. Season with salt and black pepper powder
 4. Roll broccoli into 15 balls and arrange them on baking tray. Bake for 15 minutes at 180 degrees (may continue baking for another 10 minutes for extra crispiness).
 5. (dipping sauce) in a bowl, mix yoghurt with lime juice. Stir well and pair with broccoli balls for extra flavor.
1. 将烤箱预热至 180 度。
 2. 将速溶燕麦、蒸西兰花碎、鸡蛋、洋葱、橄榄油和胡桃混合在一起。搅拌至充分融合。
 3. 加入盐和黑胡椒粉调味。
 4. 将西兰花混料揉成球状, 摆置与烤盘上。在 180 度温度下烘烤 15 分钟 (可继续烘烤 10 分钟以增加脆度)。
 5. (沾酱) 在一个碗里, 拌入优格和酸柑汁。搅拌均匀并搭配西兰花球来增加风味。

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#MY1STMAMMO

GIFT A MAMMOGRAM, SAVE A LIFE!

Breast cancer is the most common cancer and the leading cause of cancer deaths in Singaporean women. All women have a risk developing of breast cancer, and the risk factor increases with age. However, with early detection and treatment, breast cancer is highly treatable and curable.

For the 3rd year, we are providing a sponsored breast cancer screening, which includes both pre and post-screening doctor's consultation at a medical clinic, for women aged 40 with blue or orange CHAS cards from lower-income families.

Together with our community partners and other social service agencies, we hope to ensure these women are identified and empowered with a sponsored mammogram.



**Make a difference to the lives of women
and support the efforts of 365 Cancer Prevention Society!**

\$30 = Token of support for #My1stMammo campaign.*

\$50 = To sponsor pre & post-screening consultations.*

\$100 = To sponsor a woman for a mammogram.*

Donations above \$30 are eligible for a 250% tax deduction (per transaction).

(*Any excess funds will be directed to supporting the Society's tri-fold mission)



SCAN ME

bit.ly/3HAT1bF

**For any enquiries on this campaign, please
contact us at 6337 3368 or email to fundraising@365cps.org.sg**

Organiser:



Title Sponsor:



Supporting Partners:



UPCOMING EVENTS 近期活动

***FOR MEMBERS ONLY 课程只限会员**

ANG MO KIO SOCIAL SERVICE CENTRE (AMK SSC) ACTIVITIES 宏茂桥社区服务中心活动

Mon : Zumba Gold, Nagomi Pastel Art
Tue : Art Class, Vocal Class, Karaoke Session
Wed : 365 Lymphatic Detox Exercise
Thu : Chinese Painting, Fall Prevention Workout, Line Dance
Fri : Finger Painting Class, Zentangle Art

星期一: 尊巴, 日本和谐粉彩班
星期二: 绘画班, 声乐课, 卡拉OK
星期三: 365淋巴排毒操
星期四: 水墨画, 预防跌倒运动, 排舞
星期五: 指画班, 禅绕画

Address 地址: Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621
Contact No 联络号码: 8809 8595

BUKIT PANJANG SOCIAL SERVICE CENTRE (BKP SSC) ACTIVITIES 武吉班让社区服务中心活动

Mon : 365 Lymphatic Detox Exercise, Bag Weaving Class
Tue : Zentangle Art, Aerobics, Ukulele Class (Basic Level),
Vocal Class, Karaoke Session
Wed : Finger Painting Class, Mind Body Relaxation (MBR)
Thu : Zumba Gold, Clay Art
Fri : Chinese Painting, Art Class

星期一: 365淋巴排毒操, 包包编制课程
星期二: 禅绕画, 有氧健身操, 乌克丽丽班(基础), 声乐课, 卡拉OK
星期三: 指画班, 禅绕画
星期四: 尊巴, 黏土艺术
星期五: 水墨画, 绘画班

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108
Contact No 联络号码: 9838 7073

CLEMENTI SOCIAL SERVICE CENTRE (CMT SSC) ACTIVITIES 金文泰社区服务中心活动

Mon : 365 Lymphatic Detox Exercise/ Chinese Calligraphy
Tue : Line Dance, Balloon Sculpting
Wed : Fall Prevention Workout, Art Class
Thu : Zumba Gold, Ukulele Class, Workshop
Fri : Vocal Training, Finger Painting, Karaoke session

星期一: 365淋巴排毒操/ 中国书法班
星期二: 排舞, 气球造型
星期三: 预防跌倒运动, 绘画班
星期四: 尊巴, 乌克丽丽班, 工作坊
星期五: 声乐课, 指画课, 卡拉OK

Address 地址: Blk 331, Clementi Avenue 2, #01-132,
Singapore 120331
Contact No 联络号码: 8318 9146

TAMPINES SOCIAL SERVICE CENTRE (TAMPINES SSC) ACTIVITIES 淡滨尼社区服务中心

Mon : Art Class, Vocal Class, Karaoke
Tue : Zumba Gold, Line Dancing
Wed : 365 Lymphatic Detox Exercise
Thu : Zentangle Arts, Chinese Calligraphy & Painting
Fri : Fall Prevention Workout, Nagomi Pastel Arts

星期一: 绘画课, 声乐课, 卡拉OK
星期二: 尊巴, 排舞操
星期三: 365淋巴排毒操
星期四: 禅绕班, 中国书法及水墨画
星期五: 预防跌倒运动, 和谐粉彩画

Address 地址: Blk 885A, Tampines Street 83, #01-123,
Singapore 521885
Contact No 联络号码: 8028 9871

VIRTUAL SOCIAL SERVICE CENTRE 网上社区服务中心

Mon : 365 Lymphatic Detox Exercise, Nagomi Pastel Art
Tue : Release & Stretch, Therapeutic Support Program
Wed : Zumba Gold, Zentangle Art (Intermediate Level)
Thu : Fall Prevention Workout, Mind Body Relaxation
Fri : Line Dance, Ukulele Class (Basic Level), Ukulele Class (Intermediate Level)

Contact No 联络号码: 8028 5905

星期一: 365淋巴排毒操, 和谐粉彩画
星期二: 放松及伸展运动, 疗愈支持小组
星期三: 尊巴, 禅绕画(中级)
星期四: 预防跌倒运动, 身心放松课程
星期五: 排舞, 乌克丽丽班(基础), 乌克丽丽班(中级)

Interested participants are advised to contact our Social Service Centres (SSCs) to get the latest activity status.
有兴趣的参加者请联系我们的社区服务中心以获取最新的活动详情。

	106 Gangsa Road
	Tue, 8pm
	106 Simei St 1 (Street Soccer Court)
	Mon & Wed, 7:15am
	112 Rivervale Dr
	Mon to Fri, 6:30am
	115A Commonwealth Dr (Sports@Buona Vista)
	Tue & Fri, 7am
	126 Ang Mo Kio Ave 3 (Ang Mo Kio Town West Garden)
	Tue to Sat, 7am
	149 Simei St 1 (Badminton Court)
	Mon to Fri, 7:30am; Sat, 7:15am
	238 Hougang Ave 1 (Open Court)
	Mon, Thu, Sat, 7:15am
	246 Hougang Avenue 3 (Hard Court)
	Tue, 7:15am
	257 Tampines St 21
	Mon to Fri, 7:20am; except Thu; Wed, 8:15pm

	407 Yishun Ave 6
	Mon to Fri, 6:30am
	Botanic Garden (Eco Garden)
	Mon, 7:45am
	Bedok Reservoir Park
	Mon to Fri, 7:50am
	Braddell House #05-04 (Formerly From The Peoples Presbyterian Church 45A Macpherson Rd)
	Thu, 10am
	Bukit Gombak Stadium
	Mon to Sat, 7am
	St. Paul Church (843 Upper Serangoon Road)
	Sat, 10.30am (New class starts 18 Mar 2023)
	NTUC Health Active Aging Centre (41 Telok Blangah Rise)
	Wed, 9.30am
	Renewal Christian Church (88, St Francis Road)
	Thu, 8am
	Zoom Virtual Platform
	Wed, 8:15pm

OUR SERVICE

我们的服务项目



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 执行委员团

President	: Rev (Dr) Eric Chiam
Vice President	: Mr James Chia
	Mr Sam Ang
Honorary Secretary	: Mr Tan Soo Kee
Honorary Treasurer	: Mr Joshua Siow
Honorary Assistant Secretary	: Ms Ang Pei Wen
Honorary Assistant Treasurer	: Ms Jenny Aw
Member	: Ms Terri Chen
	Dr Francis Chin
	Mr Pang Kok Meng

会长	: 詹顺祥博士
副会长	: 谢松兴先生
	洪汇权先生
秘书	: 陈树基先生
财政	: 萧子强先生
副秘书长	: 洪佩文女士
副财政	: 胡慧敏女士
委员	: 陈慧敏女士
	陈国俊医生
	冯国明先生

Management Staff 管理层

Executive Director	: Mr Ben Chua
HOD, Corporate Services	: Ms Arlinda Chen
HOD, Fundraising, Marketing, & Volunteer Management	: Mr Andrew Soh
HOD, Clinical Services, Research and Resource Centre	: Mr Andrew Ong

执行长	: 蔡德森先生
企业服务部门主管	: 陈美珍女士
筹款、宣传与义工管理部门主管	: 苏玮文先生
临床服务、研究与资源中心部门主管	: 翁国华先生

Advisors 顾问团

Honorary Patron	: Dr Koh Poh Koon
Honorary Patron	: Dr Tan Wu Meng
Honorary Patron	: Dr Teo Ho Pin
Legal Advisor	: Mr Wu Yu Liang

名誉顾问	: 许宝琨医生
名誉顾问	: 陈有明医生
名誉顾问	: 张仰宾博士
法律顾问	: 吴微良先生



365 Cancer Prevention Society 365防癌教育协会

38 Jalan Pemimpin, #02-01 M38, Singapore 577178

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368