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Eat Well Move Strong

食得好, 动得强工作坊

On 4 October 2025, the 365 Cancer Prevention Society (365CPS) hosted the "Eat Well, Move Strong" workshop at the Bukit Panjang Social Service Centre.

The event focused on a vital topic for breast cancer survivors: the increased risk of osteoporosis associated with treatment, which can have a significant impact on overall health.

Attendees from 365CPS and the Breast Cancer Foundation gained practical, actionable knowledge on strengthening their bodies. Through expert guidance on diet and exercise, participants learned effective ways to combat osteoporosis, leaving the session empowered to make positive, lasting differences in their health journey.

365癌症预防协会于2025年10月4日, 在武吉班让社区服务中心成功举办了“食得好, 动得强”(Eat Well, Move Strong)工作坊。

本次活动聚焦于乳腺癌康复者的一项关键议题: 治疗相关性骨质疏松风险及其对整体健康的显著影响。

来自365防癌教育协会和乳腺癌基金会的参与者, 通过专家在饮食和运动方面的指导, 获得了增强体质和对抗骨质疏松的实用知识和技能。我们希望所有参与者都能因此获得启发, 为自身的健康旅程带来积极而持久的改善。



Partners' Appreciation Night

合作伙伴感谢之夜

Our hearts are full following the successful Partners' Appreciation Night held on 17 October 2025. This special evening was dedicated to recognising the invaluable contributions of our partners—the guiding stars whose support is essential to 365CPS's mission in cancer fighting, cancer prevention, and cancer education.

We were deeply honoured to have Dr Koh Poh Koon, Senior Minister of State, Ministry of Manpower and Ministry of Health, grace the event as our Guest of Honour.

It was a delight to bring together our partners, collaborators, and friends from the medical, pharmaceutical, and broader communities for a wonderful celebration of our shared purpose. Together, we celebrated the lasting partnerships and the significant impact we have created in the community. Thank you to everyone for lighting up the night with us!

随着 2025 年 10 月 17 日“合作伙伴感恩之夜”的圆满落幕，我们的内心满溢着谢意。这个特别的夜晚旨在表彰各位合作伙伴所付出的宝贵贡献——如同指路明灯，其鼎力支持对于365防癌教育协会在抗癌，防癌和癌症教育领域的使命至关重要。

我们深感荣幸，邀请到人力部兼卫生部高级政务部长许宝琨医生以特别嘉宾身份亲临现场。

能邀请到来自医疗、制药及各界社区领袖齐聚一堂，共庆祝我们的共同目标，我们倍感欣悦。在这个美好的夜晚，我们共同见证了深厚的伙伴关系，以及我们携手为社区带来的深远影响。感谢每一位嘉宾的出席，与我们共同点亮整个夜晚！



Caregivers' Appreciation Day

看护者感恩日

In celebration of National Family Caregivers Month, 365CPS hosted our Caregiver Appreciation Day: Celebrating the Heart of Caregiving.

On 15 November 2025, our amazing caregivers who walk alongside our cancer fighters were treated to a terrarium workshop.

This relaxed, hands-on session offered a little time out—a chance to temporarily set aside daily cares and create something beautiful together. The event provided a much-needed opportunity to say thank you for all the care and love they give, reminding them that their selfless support is deeply recognised and appreciated.

Thank you to all the caregivers for your unwavering dedication!

为庆祝全国家庭看护者月，365防癌教育协会举办了看护者感恩日：致敬看护之心活动。

2025年11月15日，我们为一直以来陪伴在抗癌勇士身边的看护者们，提供了生态瓶制作工作坊。

这轻松愉悦的活动，提供了一个暂且放下辛劳的宝贵时间，让他们有机会共同创造美好的事物。本次活动提供了一个机会，向他们所付出的所有关爱和支持致以诚挚的感谢。

衷心感谢所有看护者坚定不移的奉献与付出！





A Season of Hope, A Celebration of Life 希望之季, 共庆生命

Our 365CPS family came together on 13 December for a joyful year-end celebration filled with warmth and festive cheer. From laughter-filled games and delicious food to moving performances and an exciting lucky draw, the day was a beautiful testament to our shared journey. As we embrace the coming of the new year, we do so with renewed hope and the enduring spirit of our community.

12月13日, 365CPS大家庭齐聚一堂, 在温馨欢快的节日氛围中举行了年终庆典。从欢笑不断的游戏、垂涎欲滴的美食, 到感人至深的表演及惊喜重重的抽奖, 这一天见证了我们携手同行的珍贵见证。在新旧交替之际, 这份坚韧不拔的社区精神将化作崭新的希望, 指引我们继续前行。



Angela Kwek, 73
Breast Cancer
Fighter
乳癌抗癌勇士



Stories of 365CPS 365CPS人文故事

Q: How did you feel when you were first diagnosed?

A: In 2019, I had my left breast removed and a lump removed from the right. When the cancer spread a few years later, I was terrified and kept to myself. It was a lot to process, and it was painful to see scars on my body. But I've learned that I must accept this journey to face it. Even on days when negative thoughts creep in, I choose to keep moving forward.

Q: How have you benefited from the services that we provide at 365CPS?

A: I used to keep to myself, but the 365CPS community helped me step out of the shadows. Now, my days are filled with everything from crochet to Zentangle. These classes keep my mind busy and replace negative thoughts with creativity. Between dietitian workshops, cooking demos, and counselling, I feel supported in various ways. I have also found a circle of friends who walk this journey with me.

Q: What are some words of encouragement for a fellow cancer fighter?

A: Keep looking forward. We all go through seasons of struggle, but like any storm, they eventually pass. On the other side, there is always a rainbow waiting for you. It's all part of life's journey, teaching us to find beauty and hope even after the rain.

Q: With all that you have experienced in mind, what is something that you would like to tell your younger self?

A: Caring for my parents taught me how to give, but my journey here has taught me how to heal. I've learned to prioritize my own well-being and, more importantly, I've found that there is so much more hope in a supportive community than trying to carry the burden alone.

问: 得知自己确诊的时, 您有什么感受?

答: 2019年, 我做了左乳切除手术, 右乳也取出了一个肿块。几年后, 得知癌症扩散时, 我整个人陷入了极大的恐惧, 只想把自己关起来。那时有太多的情绪需要去平复, 看着身上的伤疤, 心真的很痛。但我慢慢意识到只有接纳, 才能勇敢面对。即使负面念头偶尔会冒出来, 我依然选择坚定地走下去。

问: 您是如何从 365CPS 提供的各项服务中获益的?

答: 我曾倾向于自我封闭, 但在 365CPS 的帮助下, 我成功走出了黑暗。如今, 我的生活充实而多彩, 涵盖了从钩针编织到禅绕画的各类艺术课程。这些活动让我保持思维活跃, 以创意取代负面情绪。无论是营养工作坊、烹饪示范还是心理咨询, 都让我得到了很大的支持。更宝贵的是, 我在这里找到了一群志同道合的伙伴, 在抗癌路上携手同行。

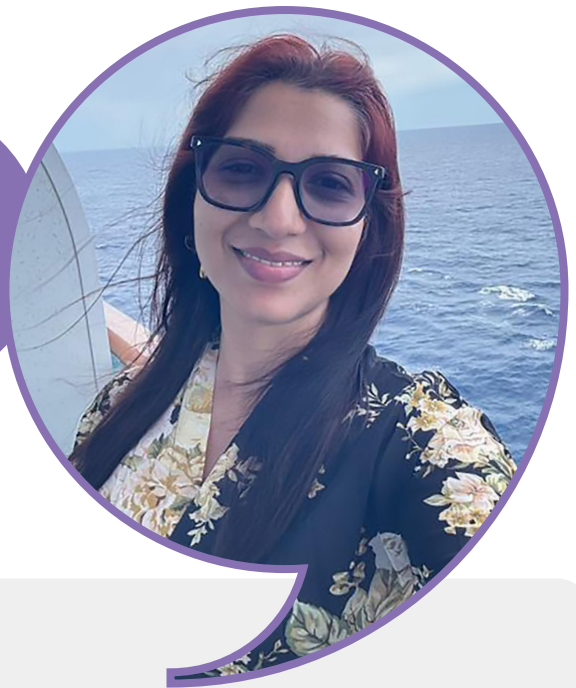
问: 您有什么鼓励的话想对其他抗癌勇士说?

答: 请始终坚定地向前看。每个人都会经历艰难时光, 但请相信, 就像所有的暴风雨一样, 它们终将消散。而在那头, 总会有一道彩虹等着您。这是生命旅途中必经的一站, 它教会我们: 即便在风雨洗礼之后, 在逆境中发现希望。

问: 回首您所经历的一切, 您最想对年轻时的自己说些什么?

答: 照顾父母的岁月教会了我如何去爱与付出, 而这段旅程则教会了我如何治愈自己。我学会了要把自己的身心健康放在首位。更重要的是, 我发现与其独自背负重担, 在互助的大家庭里, 能看到更多希望。

Godge Archana
(Ana) Mandar, 44
Social Service
Centre Cook
Volunteer



Stories of 365CPS

365CPS人文故事

Q: Tell us a little bit about yourself (outside of 365CPS)—what is your day job, and what do you like to do in your free time?

A: I am currently on a break from a full-time job as an educator. I love to read, travel and find opportunities to give back to the society.

Q: How long have you volunteered with 365CPS and how did you come to know us?

A: I have been volunteering with 365CPS since May 2025.

Q: Why did you choose to volunteer with the 365 Cancer Prevention Society, and what does our mission of cancer fighting and cancer prevention mean to you?

A: I found 365CPS through a donation drive and I was lucky to find them. The passion of the volunteers drew me in, prompting me to join their mission. When you volunteer and interact directly with cancer fighters, you start to understand the common regrets they share. They often wonder if a simple lifestyle change could have helped prevent the disease, or if regular check-ups might have minimised the scale of recovery they had to endure. It just brings me back to my reality, that everything can be put on hold, except your own health!

Q: What specific role do you play at 365 Cancer Prevention Society?

A: I was open to helping in any ways that was needed. At that time, there was a pressing need for meal preparation, so I stepped into the kitchen to help. Catherine, the cook, immediately made me feel welcome and expressed gratitude for my contribution. One of the cancer fighters peeked into the kitchen for a quick chat, and it just shows even the simplest tasks are appreciated by the community we serve.

Q: What is your favourite memory/experience from volunteering with 365CPS?

A: My favourite memory would be the time spent with the office staff. I truly cherish the easy, natural banter we share every time I arrive. The connection just feels very organic.

问: 请简单介绍一下自己的背景, 在365防癌教育协会之外的工作与兴趣?

答: 我目前暂停了全职教育工作者的职务, 处于休假阶段。在空余时间, 我的主要兴趣是阅读、旅行, 以及寻找服务和回馈社会的机会。

问: 您在365防癌教育协会担任义工多久了?

答: 我自2025年5月起, 开始在365防癌教育协会担任义工。

问: 您选择加入365防癌教育协会的原因是什么? 协会“抗癌与癌症预防”的使命对您个人而言, 有何特殊意义?

答: 我是在一次捐款活动中与365防癌教育协会结缘的, 并深感幸运。协会义工们所展现出的巨大热情, 瞬间吸引了我, 促使我决定加入他们的使命。担任义工, 与抗癌勇士们直接交流, 让我对他们的普遍遗憾有了深刻理解。他们常反思: 如果当初能做出简单的生活方式改变, 或能坚持定期体检, 或许就能避免或减轻如今的康复之苦。这种经历让我深刻认识到: 人生中所有的事务都可以暂时搁置, 唯有自己的健康是不能被取代的现实!

问: 您在365防癌教育协会的主要义工服务领域是什么?

答: 我抱着开放的态度, 愿意在任何需要的领域提供协助。当时, 协会正好急需膳食准备方面的支持, 我便立即加入了厨团队。厨师Catherine不仅让我感到非常受欢迎, 更对我的贡献表达了真挚的谢意。一个尤其触动我的时刻是: 一位抗癌勇士探头进厨房与我们简短交流。这微小的举动, 充分证明了我们所服务的社区对哪怕是最基础、最简单任务的认可与感激。

问: 您在365防癌教育协会义工服务期间最难忘的回忆或经历是什么?

答: 我最难忘的回忆无疑是与职员们共度的时光。我非常珍惜每次抵达时, 我们之间那种轻松、自然的交流与互动。

4 Simple Keys Separating Fact From Fiction to Reduce Your Cancer Risk

防癌必备：四大关键助您辨识误区，显著降低患癌风险

You can significantly lower your risk of developing cancer by focusing on these four lifestyle habits:

1. Maintain a healthy weight throughout every stage of life
2. Stay physically active
3. Follow a healthy eating pattern at all ages
4. The recommendation for prevention is to avoid drinking alcohol

Here are some recommendations for dietary and lifestyle habits:

- **Body Weight:** Keep body weight within the healthy range and avoid weight gain in adulthood
- **Physical Activity:** Adults should aim for 150–300 minutes of moderate-intensity or 75–150 minutes of vigorous-intensity physical activity weekly, with the higher end (300 minutes) being optimal. Children and adolescents need at least one hour of moderate- or vigorous-intensity activity daily. All ages should actively limit sedentary time (e.g., prolonged sitting and screen use).
- **Diet:** Aim for 2.5–3 cups of vegetables and 1.5–2 cups of fruit every day, ensuring a wide variety of colours, plus fibre-rich whole grains and legumes. Simultaneously, it is crucial to limit or avoid processed and red meats, along with highly processed items like sugar-sweetened drinks and foods containing excessive added sugar, fat, or sodium.
- **Alcohol:** Alcohol consumption is best avoided. Individuals who choose to drink alcohol should limit their consumption to no more than 1 drink per day for women and 2 drinks per day for men.



癌症预防并非难事。只要积极采纳以下四大关键的生活方式习惯，您就能有效且显著地降低自身患癌的几率：

1. 保持健康的体重
2. 保持身体的活跃状态
3. 在任何年龄段，都应遵循健康的饮食模式
4. 为了预防癌症，建议避免饮酒

以下是针对饮食和生活方式习惯的几项重要建议：

- **体重管理：** 将体重维持在健康区间内，并特别避免在成年阶段发生体重增长。
- **身体锻炼：** 成人每周应累计进行150–300分钟的中等强度运动，或75–150分钟的高强度运动；以达到300分钟（高量）为最佳目标。儿童与青少年每天至少需要进行一小时的中等强度或高强度活动。所有年龄段都应积极限制久坐时间（例如：长时间看屏幕或久坐）。
- **健康膳食：** 目标是每日摄入 2.5–3 杯蔬菜和 1.5–2 杯水果，确保食物色彩多样、种类丰富。同时，积极摄取富含膳食纤维的全谷物和豆类。至关重要的是，应限制或避免食用加工肉类、红肉，以及高度加工食品（如含糖饮料、含过多添加糖分、脂肪或钠的食物）。
- **酒精：** 为了健康，最好完全避免饮酒。对于选择饮酒的人，应严格限制摄入量：女性每天不超过 1 份，男性每天不超过 2 份。



Scan to access the full article on
our website.
请扫描以上我们的官网查看全文。

Stylo Dinner

大厨上菜

Preparation Time: 15 min
Bake Time: 25-30 min
Serving Size: 4 pax

准备时间: 15分钟
烹饪时间: 25-30分钟
份量: 4人份

INGREDIENTS 食材

- 4 Salmon Fillets (approx. 100g each)
- 200g Baby Potatoes (skin on, scrubbed and halved)
- 200g Cherry Tomatoes
- 100g Asparagus (woody ends trimmed)
- 1 large Purple Onion (cut into chunks)
- 1 Large Carrot, cut into chunks or sticks
- 1 tbsp extra light olive oil
- 2 garlic cloves, minced
- 1½ lemon (1 lemon for juice, ½ lemon for garnishing)
- 2 tbsp dried Italian herbs
- ¾ tsp salt
- Coarse black pepper to taste
- 4片三文鱼排 (每片约 100 克)
- 200克小土豆 (带皮, 刷洗干净并对半切开)
- 200克樱桃番茄
- 100克芦笋 (切除底部老硬的部分)
- 1个紫洋葱 (切块)
- 1根胡萝卜 (切块或切条)
- 1汤匙橄榄油
- 2瓣大蒜 (切末)
- 1.5个柠檬 (1 个榨汁, 0.5 个用于装饰)
- 2汤匙干意大利香料
- ¾ 茶匙盐
- 适量的粗黑胡椒粉



Scan the QR code
to access 365 recipes!
请扫描二维码查看365食谱!



METHOD 做法

1. Preheat oven to 180 °C. Line baking tray with baking paper.
2. Combine olive oil, minced garlic, lemon juice, dried Italian herbs, salt and black pepper.
3. Rub salmon fillet with dressing until evenly coated. Arrange salmon fillet onto baking sheet. Top lemon slices onto salmon fillet.
4. Toss and mix well all the chopped vegetables with dressing until evenly coated. Arrange chopped vegetables onto the baking tray without stacking.
5. Bake for about 25-30 minutes, or until fish flakes easily with a fork, and potatoes are able to poke through and slightly crispy on the edges.
1. 将烤箱预热至 180°C。在烤盘上铺好烘焙纸。
2. 将橄榄油、蒜末、柠檬汁、干意大利香料、盐和黑胡椒混合均匀。
3. 在三文鱼排上涂抹调制好的酱料, 直至涂抹均匀。将鱼排摆放在烤盘上, 并在每片鱼排上放上柠檬片。
4. 将所有切好的蔬菜与剩余酱料充分拌匀, 确保每块蔬菜都裹上酱汁。将蔬菜铺在烤盘上, 注意不要重叠堆积。
5. 放入烤箱烘烤约 25-30 分钟。直到用叉子可以轻松拨开鱼肉, 且土豆能被轻易戳透、边缘微焦酥脆即可。

Sponsored Screening Campaigns

免费癌症筛查

At 365CPS, we are committed to championing early detection as a vital step in cancer prevention. To support this mission, we will be launching a series of free screening campaigns throughout the year, designed to empower you to take a proactive lead in your health journey. Scan the QR code or visit our website to learn more and secure your slot. Together, let's encourage our loved ones to take charge of their health and register for a screening today!

在 365CPS, 我们深信 ‘及早发现, 及时治疗’ 是预防癌症的关键。为此, 我们会在今年内特别推出一系列免费筛查计划, 旨在帮助您更好地掌握个人健康状况。您可以扫描下方二维码或浏览我们的网站, 了解详情并预约名额。让我们一起守护家人的健康, 鼓励亲友从今天的体检开始, 为健康负责!



Check out our screening
campaigns here!
请扫描二维码查看我们的放映活动!

SOCIAL SERVICE CENTRE ACTIVITIES

社区服务中心活动

FOR CLIENTS ONLY 只限会员



Connect with us and join us as a client!
快来与我们联系, 成为我们的会员吧!

ANG MO KIO SOCIAL SERVICE CENTRE 宏茂桥社区服务中心

- Mon** : Stretch and Release Class, Zumba Gold, Clay Art, Crochet Class
- Tue** : Art Class, Ukulele (Basic), Vocal Class, Karaoke/Games
- Wed** : Zumba Toning, 365 Rhythmic Stretching Exercise
- Thu** : Chinese Painting, 365 Rhythmic Stretching Exercise, Ukulele (Intermediate), Bag Weaving
- Fri** : Finger Painting, Zumba Toning, Golden Strength, Zentangle Art

- 星期一: 放松与伸展, 尊巴, 黏土艺术, 钩针课
- 星期二: 绘画班, 乌克兰丽 (基础), 声乐课, 卡拉OK/游戏日
- 星期三: 尊巴塑身, 365拉筋伸展运动
- 星期四: 水墨画, 365拉筋伸展运动, 乌克兰丽 (基础), 编织袋课程
- 星期五: 指画班, 尊巴塑身, 黄金力量, 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 武吉班让社区服务中心

- Mon** : Nagomi Pastel Art, 365 Rhythmic Stretching Exercise, Bag Weaving Intermediate
- Tue** : Zentangle Art (Basic), Aerobic, Ukelele (Intermediate), Vocal Training
- Wed** : Line Dance, Finger Painting
- Thu** : Zumba Gold Toning, Zumba Gold, Clay Art, Crochet
- Fri** : Latin Dance, Chinese Painting, Art Class

- 星期一: 和谐粉彩画, 365拉筋伸展运动, 编织课中级
- 星期二: 禅绕画 (初级), 有氧运动, 乌克兰丽 (中级), 声乐培训
- 星期三: 排舞, 指画
- 星期四: 尊巴塑身, 黄金尊巴, 黏土艺术, 钩针课
- 星期五: 拉丁舞, 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 金文泰社区服务中心

- Mon** : Art Class (Basic), 365 Rhythmic Stretching Exercise, Chinese Calligraphy, Chair Stretch Exercise
- Tue** : Zentangle Art (Intermediate), Line Dance, Balloon Sculpting, Crochet Class
- Wed** : 365 Rhythmic Stretching Exercise, Latin Cha Cha (Solo)
- Thu** : Clay Art, Zumba Gold, Ukulele (Basic), Art Class
- Fri** : Basic Conversational Japanese, Vocal Training, Chinese

- 星期一: 绘画班 (初级), 365拉筋伸展运动, 书法, 椅子伸展运动
- 星期二: 禅绕画 (中级), 排舞, 气球艺术, 钩针课
- 星期三: 365拉筋伸展运动, 拉丁恰恰 (单人)
- 星期四: 黏土艺术, 尊巴, 乌克兰丽 (基础), 绘画班
- 星期五: 基础日语会话, 声乐课, 水墨画, 和谐粉彩画

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

TAMPINES SOCIAL SERVICE CENTRE 淡滨尼社区服务中心

- Mon** : Chinese Painting, Clay Art, Art Class, Chair Stretch Exercise
- Tue** : Sustainable Craft, Zumba Gold, Line Dance, Nagomi Pastel Art
- Wed** : Kpop X Fitness, 365 Rhythmic Stretching Exercise
- Thu** : Masala Bhangra Dance Workout, Art and Craft, Ocarina, Zentangle Art
- Fri** : Functional Fitness & Conditioning, Ukulele (Intermediate), Vocal Training, Karaoke Session/Games Day

- 星期一: 水墨画, 黏土艺术, 绘画班, 椅子伸展运动
- 星期二: 环保手工艺课程, 黄金尊巴, 排舞, 和谐粉彩画
- 星期三: 韩流健身, 365拉筋伸展运动
- 星期四: 班格拉健身操, 美术与手工, 陶笛, 缠绕画
- 星期五: 功能性健身与调理, 乌克兰丽 (中级), 声乐课, 卡拉OK/游戏日

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** : Release and Stretch, Art and Craft, Kpop X Fitness, Nagomi Pastel Art
- Tue** : 365 Rhythmic Stretching Exercise, Crochet, Masala Bhangra Workout
- Wed** : Zumba Gold, Zentangle Art (Intermediate)
- Thu** : Japanese Conversational Class, Golden Strength, Chinese Painting, Zumba Toning
- Fri** : Circl Mobility Exercise, Thai Language Class, Ukelele (Basic), Ukelele (Intermediate)

Contact No 联络号码: 8028 5905

- 星期一: 放松与伸展, 美术与手工, 韩流健身, 和谐粉彩画
- 星期二: 365拉筋伸展运动, 钩针课, 班格拉健身操
- 星期三: 黄金尊巴, 禅绕画 (中级)
- 星期四: 日语会话班, 防摔锻炼, 中国画, 尊巴塑身
- 星期五: 活动能力锻炼, 泰语班, 乌克兰丽 (基础), 乌克兰丽 (中级)

*Subject to changes without prior notice.
*如有更改, 恕不另行通知。

2026 MONTHLY EVENTS 每月活动

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*如有更改, 恕不另行通知。

10th JAN 8.30 pm - 9.30 pm 365Live on Facebook 9.30 am - 12.00 pm Love Lunch at TMP SSC 9.30 am - 12.00 pm Love Lunch at AMK SSC	7th FEB 8.30 pm - 9.30 pm 365Live on Facebook 28th FEB 8.30 pm - 9.30 pm 365Live on Facebook	7th MAR 8.30 pm - 9.30 pm 365Live on Facebook 28th & 29th MAR 10.00am - 8.00pm Bloom With Hope
17th JAN 9.30 am - 12.00 pm Love Lunch at BKP SSC		
24th JAN 8.30 pm - 9.30 pm 365Live on Facebook 9.30 am - 12.00 pm Love Lunch at CMT SSC		

365 RHYTHMIC 拉筋伸展运动 STRETCHING EXERCISE

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*如有更改, 恕不另行通知。

EAST		CENTRAL	
106 Simei St 1 S520106 (Street Soccer Court) Mon to Thu, 7.15am 149 Simei St 1 S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am	257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8:15pm (Zoom) Bedok Reservoir Park 760 Bedok Reservoir Rd, S479245 (Beside Wawawa Bistro) Mon to Fri, 7.50am	NTUC Health Active Ageing Centre 41 Telok Blangah Rise, S090041 Wed, 9.30am Renewal Christian Church 88 Saint Francis Road, S328070 Thu, 8am	Wan Min Community Services 45A MacPherson Road, S348470 Tue, 10am Kallang Polyclinic 701 Serangoon Road, Level 2 Health Studio Fri, 10am
NORTH-EAST		NORTH	
112 Rivervale Drive S540112 Mon to Fri, 6.30am 238 Hougang Ave 1 S530238 (Open Court) Mon, Thu, Sat, 7.15am Serangoon Polyclinic Upper Serangoon Rd, #587 Singapore 534564 Level 1, Health Studio Fri, 3pm	246 Hougang Ave 3 S530246 (Hard Court) Tue, 7.15am St Paul's Church 843 Upper Serangoon Road, S534683 Sat, 10.30am	407 Nee Soon Link Park S760407 Mon to Fri, 6.30am Sembawang Polyclinic 21 Canberra Link, Clinic 1C Level 1 Health and Wellness Studio Thu, 10am	Ang Mo Kio Town Garden West 126 Ang Mo Kio Ave 3, S560126 Tue to Sat, 7am Khatib Polyclinic 690 Yishun Ring Road, Level 1 Health Studio Mon, 11:30am and Thu 12:30pm
WEST		VIRTUAL	
106 Gangsa Road S670106 Tue, 8pm Bukit Gombak Stadium 800 Bukit Batok West Ave 5, S659081 Mon to Sat, 7am	Sports @ Buona Vista 115A Commonwealth Dr, S149596 Tue & Fri, 7am Singapore Botanic Garden, Eco-Garden 469C Bukit Timah Rd, S259772 Mon, 7.45am	Zoom Wed, 8.15pm	



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365 Rhythmic
Stretching Exercise
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立即通过 PayNow 捐款吧!

若想知道更多详情, 请与我们联系@6337 3368 或 enquiry@365cps.org.sg

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, the promotion of a healthy lifestyle and our 365 Rhythmic Stretching Exercise programs.

We 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防癌教育协会是一家公益机构,也是国家福利理事会的正式成员。

我们使命于通过癌症预防为社区服务。我们结合健康与营养教育和推广健康生活方式以及365拉筋伸展运动计划来实现目标。

我们通过家庭和医院探访,辅导及治疗服务为癌症患者及其家人提供实际与精神上的支持和关怀,一同携手对抗癌症。

Executive Committee 执行委员会

President	: Rev (Dr) Eric Chiam	会长	: 詹顺祥博士
Vice President	: Mr Sam Ang	副会长	: 洪汇权先生
Vice President	: Dr Francis Chin	副会长	: 陈国俊医生
Honorary Secretary	: Ms Ang Pei Wen	秘书	: 洪佩文女士
Assistant Honorary Secretary	: Dr Lew Yii Jen	副秘书长	: 刘以仁医生
Honorary Treasurer	: Ms Jenny Aw	财政	: 胡慧敏女士
Honorary Assistant Treasurer	: Mr Jeremy Chan	副财政	: 陈锡伟先生
Member	: Dr Fabian Lim	委员	: 林进龙博士
Member	: Mr Joshua Siow	委员	: 萧子强先生
Member	: Mr Jeremy Tan	委员	: 陈清温先生
Member	: Mr Khoo Yik Lin	委员	: 邱溢仁先生

Management Staff 管理层

Chief Executive Officer	: Mr Ben Chua	首席执行官	: 蔡德森先生
Assistant Director, Corporate Services	: Ms Arlinda Chen	企业服务部副总监	: 陈美珍女士
Assistant Director, Fundraising	: Mr Andrew Soh	筹款, 宣传与义工	: 苏玮文先生
Marketing, & Volunteer Management		管理部副总监	
Assistant Director, Programmes & Services	: Mr Andrew Ong	项目与服务部副总监	: 翁国华先生

Advisors 顾问团

Honorary Patron	: Dr Koh Poh Koon	名誉赞助人	: 许宝琨医生
Honorary Patron	: Dr Teo Ho Pin	名誉赞助人	: 张仰宾博士
Legal Advisor	: Mr Wu Yu Liang	法律顾问	: 吴微良先生
Honorary Advisor	: Mr Tan Soo Kee	荣誉顾问	: 陈树基先生



365 Cancer Prevention Society

365防癌教育协会

11 Irving Place #08-01
Tai Seng Point Singapore 369551
Donor Hotline : 6589 8918
365CPS Hotline : 6337 3368