

**CANCER
FIGHTER'S STORY:
NICOLE CHUI**

- Page 01

生命斗士故事: 徐丽君

- 第一页

**AN EVENT OF FUN
WITH DELL**

- Page 02

与 Dell 欢乐的一天

- 第二页

**HYDROPONICS FARM
OUTING WITH SOUTH32**

- Page 04

水耕农场半日游与South32

- 第四页

TIPS FOR HEALTHY GRILLING

- Page 06

健康烧烤小提示 - 第六页



Special Menu for this month 本月特别的食谱:

BALSAMIC SALMON & VEGGIE KEBABS - Page 07

意大利香醋三文鱼和蔬菜烤串 - 第七页



**Let's Bring Awareness
on Cancer Together**

让我们一同提高社会对癌症的警觉性

CONTENTS

CANCER FIGHTER'S STORY: Nicole Chui
生命斗士故事：徐丽君

01

AN EVENT OF FUN WITH DELL
与 DELL 欢乐的一天

02-03

HYDROPONICS FARM OUTING WITH SOUTH32
水耕农场半日游与 SOUTH32

04-05

TIPS FOR HEALTHY GRILLING
健康烧烤小提示

06

BALSAMIC SALMON & VEGGIE KEBABS
意大利香醋三文鱼和蔬菜烤串

07

OUR SPONSORS & VOLUNTEER RECRUITMENT
衷心感谢我们的赞助商和义工团队

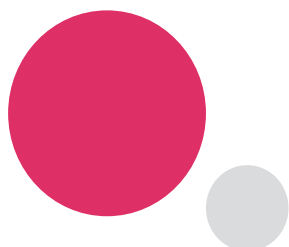
08

UPCOMING EVENTS
近期活动

09

ABOUT US
关于我们

10



CANCER FIGHTER'S STORY: Nicole Chui

生命斗士故事：徐丽君

My name is Chui Lai Kwan, 47. In 2010 I was diagnosed with stage 3 lung cancer. At the time, I had been visiting a doctor regarding a persistent cough. After getting a checkup, I was diagnosed with lung cancer. I broke down when I finally found out about it! It was a hard pill to swallow as my child was only 18 months old.

One day, I came across a Brand Ambassador from 365 Cancer Prevention Society at the MRT station. That was when I learned about the existence of the Society. Soon after, I joined the Society as a member and started attending their seminars. Through these seminars, I have learned a lot about cancer and it has benefited me a great deal in my cancer fighting journey.

Through the years, life hit me hard and I started feeling down. Soon after, I felt a lump on my neck but refused to go to the hospital for an examination. As a result, the lump grew bigger and bigger. After being persuaded by a counsellor at the Society, I summoned up the courage to go for a biopsy. As expected, the medical report revealed that my cancer cells had spread to my lymph nodes!

It was truly a hard-fought battle against cancer for the past 9 years. I doubt I would have survived without the companionship and guidance of my family, as well as 365 Cancer Prevention Society.

In the past 9 years, I have learned how important it is to stay positive, and that I should always complement treatment with a positive attitude.

Although my cancer cells have spread from my lungs to my lymph nodes, I have not given up hope. I look forward to returning to Society, getting a job, earning an income, travelling and enjoying what the world has to offer. In addition, I also wish to offer my help to the needy and to my fellow cancer fighters. I have received care and companionship from the Society and would like to raise awareness so that other cancer sufferers may join this big family and receive the same kind of care and companionship like I did.

我是徐丽君，今年47岁。在2010年发现肺癌，第3期。那时候因为一直咳嗽不停，就去看医生检查，结果诊断出我得了肺癌，当时的我崩溃了！根本无法接受，因为我的孩子当时只有18个月大。

一个偶然之下，在地铁站遇见365防癌教育协会的筹款者，使我认识了365防癌教育协会。很快的我自己走进了365防癌教育协会成了会员。开始参加365防癌教育协会所举办的讲座，从中增加了我在抗癌的路上的知识，让我学习很多。

一年一年的过去，因着生活上遇到种种的困难和问题，导致自己的情绪非常的低落。不久在我的颈项摸到有一粒肿瘤，但我都不愿意去医院检查，结果这肿瘤越来越大。在365防癌教育协会的心理咨商师的劝导之下，我终于鼓起勇气接受医生抽样本的检验。果然检查之后，医药报告说我的癌细胞已经扩散到颈项的淋巴部分了！

我可以说这9年的抗癌一路走来不容易，但如果没有我的家人以及365防癌教育协会的陪伴和辅导之下，我实在无法走过来，甚至没有勇气面对未来！

这9年来我深深的明白情绪真的很重要，因为正面的情绪胜于治疗。

虽然我的癌细胞从肺部扩散到淋巴，但我对未来还是有希望的：我希望能重返社会，有一份工作，能有收入，我希望能到处去旅行，看看世界的美好。不仅如此，我更希望能帮助到有需要的人，尤其是同路人，因为我亲身体会到，不单自己得到365防癌教育协会的关怀和陪伴，也希望把这好消息带给同路人，使他们涌入这个大家庭，同样得到关怀与陪伴。





AN EVENT OF FUN WITH DELL 与 Dell 欢乐的一天

Volunteering at 365CPS provided the volunteers a chance to better understand the lives of cancer fighters and a sneak peek into what 365CPS does to impact the lives of cancer fighters. 365CPS provides a space and opportunities for cancer fighters to share their stories with one another, provide support for fellow fighters battling with cancer, learn new skills together, and make new friends with the volunteers that visit the centres. In addition, 365CPS opens up doors for CSR opportunities and for both cancer fighters and corporate staff to make new and meaningful relationships.

"I think CSR activities widen our awareness on community and social issues and give us the chance to connect with various communities and to contribute in meaningful ways we can."

"I would also like to take this opportunity to encourage all cancer fighters out there to not lose the light and fight in them. Find strength in yourself and draw strength from the people around you who care and love you."

On 3rd July 2019, 22 volunteers from the Customer Service (CS) Department of Dell Technologies joined our Commonwealth Day Activity Centre (DAC) for an afternoon of fun! The volunteers organised a Games Day for our cancer fighters where 4 booth games were set up and participants tried their hand in solving puzzles and won small prizes. Refreshments were catered for the cancer fighters and each fighter took away a goodie bag packed with love by the volunteers and a customised cutlery set to commemorate the event. The Games Day wrapped off with a Bingo Draw that all participants and volunteers enjoyed.

It is the first time the volunteers from the CS department of Dell chose 365 Cancer Prevention Society (365CPS) for their Corporate Social Responsibility (CSR) activity. One of the volunteers encountered 365CPS's fundraisers on the streets and gained an interest in the Society's cause after the fundraisers shared about the Society's services for its beneficiaries - cancer fighters. With the growing awareness on increasing number of cancer cases in Singapore, the volunteers empathise with the Society's mission in Cancer Prevention, Cancer Fighting and Cancer Education, and decided to volunteer at the Society.

Throughout the event, the volunteers were pleasantly surprised at how warm and enthusiastic the cancer fighters were. One of the volunteers remarked, "Before coming to the centre to volunteer, I did not know what to expect as I have never interacted with cancer fighters. However, while playing games with the fighters, I was surprised to see how active and lively the cancer fighters were!" Another volunteer commented that, "It is heartening to see the cancer fighters filled with life and not be defeated by cancer. We can see the optimism that they have and the joy they took from the littlest things, such as participating in games with their friends and interacting with us volunteers."



Join the volunteers from Dell to embark on CSR activities with 365CPS today!

2019年7月3日, 戴尔科技公司客户服务部(CS)的22名志愿者跟我们的联邦社区服务中心一起度过一个快乐的下午! 志愿者为我们的抗癌勇士组织游戏日, 其中设立四个游戏摊位, 让参与者解决难题, 赢取小奖品。抗癌勇士也享用了茶点, 还获得志愿者用心准备的爱心礼品袋, 以及为活动纪念的餐具。最后, 所有参与者和志愿者以一场抽奖结束游戏日。

这是戴尔客户服务部的志愿者第一次到365抗癌教育协会(365CPS)开展他们的企业社会责任活动。其中一名志愿者在街上遇到365CPS的募捐者, 他听取募捐者分享协会为其受益人, 即抗癌勇士提供的服务后, 他们对协会的工作产生了兴趣。新加坡的癌症病患不断增加已经引起大众关注, 志愿者有感于协会在癌症预防、抗癌和癌症教育方面的工作任重而道远, 因而决定参与协会的志愿活动。

一场活动下来, 志愿者都为抗癌勇士的热情和温暖所感染。一位志愿者说, “在来中心做志愿者之前, 我不曾接触过抗癌勇士, 对他们并不了解。然而, 当我和他们玩游戏时, 我惊讶地发现抗癌勇士都充满了活力!” 另一位志愿者评论说, “看到抗癌勇士生机勃勃, 不向癌症低头, 实在令人振奋! 我们看到他们的乐观, 他们也能从小事中寻找快乐, 比如与朋友一起参加游戏, 与我们志愿者互动。”

365CPS的志愿服务让志愿者得以加深对抗癌勇士生活的了解, 也让他们看到365CPS对抗癌勇士的生活起到的作用。365CPS为抗癌勇士提供了一个相互分享故事的空间和机会, 为与癌症抗争的同伴提供了支持, 共同学习新技能, 并与参观中心的志愿者们交朋友。此外, 365CPS是各家公司的企业社会责任活动伙伴, 也让抗癌勇士和企业员工建立全新而有意义的关系。

“我认为, 企业社会责任活动让我们更加了解社区和社会问题, 使我们有机会走进各个社区, 为社会略尽绵力。”

“我也想借此机会鼓励所有的抗癌勇士不要放弃希望, 要战斗不息。从自己身上找到力量, 也从周围关心和爱你的人身上汲取力量。”


加入戴尔的志愿者们, 从今天起, 与365CPS一起开展企业社会责任活动!




HYDROPONICS FARM OUTING WITH SOUTH32 水耕农场半日游与 South32

South32 had their Corporate Social Responsibility (CSR) activity with 365 Cancer Prevention Society (365CPS) on 20th Sep 2019, where they organised and sponsored a Farm Outing for the cancer fighters. The cancer fighters and volunteers from South32 bonded over a tour of the hydroponics farm and a hands-on activity in planting their own pot of herb. Each participant then took home complimentary packets of vegetables and their own buys from the farm's mini-mart. It was a fulfilling and fun-filled day for both the cancer fighters and the volunteers.

South32 is a globally diversified metals and mining company, and its purpose is to make a difference by developing natural resources and improve people's lives now and for generations to come. South32 got to know of 365CPS through a Health Talk organised at their office's premises where staff of South32 learnt about Cancer Prevention Through Nutritional Management. 365CPS then approached them to participate in a CSR initiative and the CSR team at South32 gladly agreed as they felt it was a good opportunity to work with a charity where its beneficiaries are cancer fighters.



One volunteer commented, "Some of our colleagues had stories to exchange with the cancer fighters and that was great to see. I think many of us appreciate the social interactions with the cancer fighters; I myself quite enjoyed it too!" Another volunteer shared that, "The event was quite enjoyable as we get to interact with the cancer fighters. I was able to relate more on how they lead their lives and they had also shared with me some cooking tips too! I got the impression that the cancer fighters are carefree and positive, and that was heartening to see."



South32 believes that by conducting CSR activities, every individual can make a contribution to the way people live and work. By caring for and impacting the communities and social groups around us, a culture of care in the corporate environment can be better fostered, in addition to making real change in the community. Through this CSR event with 365CPS, the volunteers at South32 better understood and empathised with cancer fighters, and it also raised their awareness of the prevalence of cancer in Singapore.

Come follow the footsteps of South32 in conducting CSR activities with 365CPS and experience how cancer fighters impact your lives, just as how your kindness and big hearts impact theirs.

2019年9月20日, South32与365防癌教育协会(365CPS)一起开展了企业社会责任活动,为抗癌勇士赞助和举办一次农场郊游。来自South32的志愿者和抗癌勇士一起参观水耕农场,并亲手种植一盆药草。随后,每名参与者都获得农场迷你集市赠送的蔬菜,有的还买了不少农场产品,抗癌勇士和志愿者共同度过了充实而快乐的一天。

South32是一家金属和矿业公司,业务多元化而遍布全球,其宗旨是开发自然资源,改善现今和未来世代的生活,为人们做出贡献。通过在其办事处举办的一次健康讲座, South32对365CPS有所了解, South32的员工也通过该次讲座学习了如何通过营养管理来预防癌症。随后, 365CPS 与对方接洽,邀请他们参与一项企业社会责任活动。South32的企业社会责任团队欣然同意,因为他们认为这是与一家关心和帮助抗癌勇士的慈善机构的合作良机。

一位志愿者表示:“我们的同事跟抗癌勇士分享了不少故事,这实在是太好了!我想我们都很乐意能与抗癌勇士接触交流,我对此也非常满意!”另一位志愿者说:“这是颇具意义的活动因为我们有机会与抗癌勇士互动。我更加了解他们如何生活,他们也跟我说了一些烹饪技巧。我的印象是,抗癌勇士不但无忧无虑,而且积极乐观,看到这一点,我感到很振奋。”

South32认为,通过开展企业社会责任活动,每个人都可以对他人的生活和工作做出贡献。通过关心和帮助身边的社区和社会团体,除了为社区做出实质的贡献,反过来也能加强企业内部的关爱文化。通过这次与365CPS的企业社会责任活动, South32的志愿者加深了对抗癌勇士的了解,也更能体会他们面对的困难,同时还认识到新加坡癌症已经相当普遍。

跟随South32的步伐,与365CPS一起开展企业社会责任活动,感受抗癌勇士的坚强,也为他们付出你的善良和关爱。



TIPS FOR HEALTHY GRILLING

健康烧烤小提示

Smoking, charring, or grilling meat at high temperature directly over an open flame, create carcinogens, called Polycyclic Aromatic Hydrocarbons (PAHs) and Heterocyclic Amines (HCAs). These carcinogens can cause DNA changes that may lead to cancer.

Risk of carcinogens formation is higher from red meat (beef, lamb, pork) and even from small amount of processed meats (Carcinogen: Nitrosamine compounds) – like sausage, ham, bacon, salami, hamburgers. To reduce such risk, here are 6 tips for healthy grilling:

1. Choice of Protein:

- DO choose: Poultry, Fish, Firm-pressed Tofu, Tempeh
- DON'T choose: Red Meat & Processed Meat
- Evidence is clear that diets high in red and processed meat are linked to increased risk for colorectal cancer regardless of how you cook it. Grilling increases the formation of carcinogens.

2. Lean Cuts:

Trimming the fat off protein can reduce flare-ups and charring.

3. Do Marinate!

- Besides contributing a boost of flavour, marinating meat before grilling can reduce the formation of HCAs.
- Marinate meat for at least 30 minutes.
- Use vinegar, lemon, olive oil, onion, garlic, herbs, spices for more antioxidants.

4. Pre-Cook before Grilling:

- Partially cook your meat by using a microwave, oven, or stove first.
- This is to reduce the time your meat is exposed to the flames and smoke, and thus reduce the formation of PAHs.
- For food safety, reduce holding time between pre-cooking and grilling.

5. Lower Heat:

- Grilling meat over low flame reduces the formation of HCAs, and helps minimising burning and charring.
- Cut off any charred portions of meat before serving.

6. Add Colourful Fruits & Vegetables (F&V)!

- Cut down the proportion of your meat, and add more variety of brightly coloured vegetables and fruits, it tastes great!
- Not only does it add colour, flavour, and juiciness, a diet rich in F&V is associated with lower cancer risk.
- Grilling vegetables and fruits will not produce any HCAs, and will also shorten overall cooking time.
- Colourful F&V contains dietary fibre, vitamins, minerals, and naturally occurring antioxidants and phytochemicals, which are cancer-fighting nutrients.



直接使用明火进行高温熏肉、炭烤或烤肉可产生致癌物，称为多环芳烃 (PAH) 和杂环胺 (HCA)。这些致癌物可诱发基因突变，导致癌症。

红肉 (牛肉、羊肉、猪肉) 产生致癌物的可能性较高，即使是少量的加工肉制品 (致癌物：亚硝胺化合物) ——如香肠、火腿、培根、莎乐美肠和汉堡也含有致癌物。为降低产生致癌物的风险，谨此列出6条健康烧烤小建议：

1. 蛋白质选择:

- 选吃：鸡肉、鱼、豆干、天贝 (印尼发酵黄豆饼)
- 避免：红肉和加工肉制品
- 经证实，无论怎么烹饪，红肉和加工肉类吃得越多，结肠直肠癌患病风险就更高，而烧烤更会增加致癌物形成。

2. 瘦肉块:

把肉类的脂肪去除，可减少油爆和炭化。

3. 使用健康调味料来腌制

- 烤前腌制肉类除了风味更佳，最重要的还是能减少杂环胺。
- 腌制至少 30 分钟。
- 腌料加入醋、柠檬、橄榄油、洋葱、大蒜、香料可增加抗氧化剂。

4. 烤前预煮:

- 先用微波炉、烤箱或炉灶把肉煮到半熟。
- 如此能减少肉类与火、烟的接触时间，减少多环芳烃。
- 为了饮食卫生，预煮之后须尽快烧烤。

5. 小火:

- 小火烤肉可减少杂环胺形成，将烧焦和炭化减到最低。
- 食用前切除烧焦的肉。

6. 加入色彩缤纷的水果和蔬菜!

- 加入五颜六色的蔬菜和水果，不但味道更棒，还能减少肉所占的比例!
- 水果和蔬菜不仅让食物色彩诱人、风味更佳和甜美多汁，也降低致癌风险。
- 蔬菜和水果烧烤可缩短烹饪时间，也不产生杂环胺。
- 多彩的蔬菜和水果富含膳食纤维、维生素、矿物质、天然抗氧化剂和植物素，具有抗癌功效。

BALSAMIC SALMON & VEGGIE KEBABS

意大利香醋三文鱼和蔬菜烤串

(Oven-Baked) Serves 6 (烘烤) 6人份

Prep time: 30 minutes

Cook time: 8 minutes

Total: ~38 minutes

Yield: 4-6 servings.

准备时间: 30 分钟

烹煮时间: 8 分钟

总时间: ~38 分钟

分量: 4-6 人份

Per serving:

259 calories,
13 g total fat (2 g saturated fat),
9 g carbohydrate,
26 g protein,
2 g dietary fiber,
60 mg sodium.

每份含:

259 卡路里,
13 克脂肪 (2克饱和脂肪),
9 克碳水化合物,
26 克蛋白质,
2 克膳食纤维,
60 毫克钠。

Ingredients

500g skinless salmon fillet, cut into 1-inch chunks, pat dry
900g mixed fruits and vegetables cut into 1-inch chunks:

- 12 cherry tomatoes
- 1 fresh pineapple
- 1-2 green/yellow/red bell pepper, deseeded
- 1 onion
- 4 large whole mushrooms, stems removed
- 1 medium brinjal

2 tablespoons chopped fresh cilantro leaves (garnish)

12 skewers. If using wooden skewers, soak the skewers in water for 15-30 minutes before using to keep them from cooking along with the food.

Marinade

½ cup balsamic vinegar

Juice of 1-2 lemon

2 Tbsp. extra light olive oil

4 garlic cloves, minced

1 Tbsp. dried Italian herbs

Sea salt and freshly ground pepper to taste

Instructions

1. In a large mixing bowl combine all marinating ingredients. Mix well and divide half.
2. Add salmon and vegetables to half of marinade and gently toss to coat pieces evenly. Cover and marinate for about 30 minutes.
3. Line a shallow baking tray with parchment paper or foil. Preheat oven to ~220C.
4. Distribute salmon and vegetables evenly and arrange alternately onto the skewers. Place on baking dish. Brush with remaining marinade.
5. Place salmon skewers in the oven on the top rack and bake for 5 minutes.
6. Switch the oven to Broil, while turning and brushing kebabs frequently with marinade. Broil for 3 minutes or until salmon is opaque throughout and vegetables are tender.
7. Serve kebabs immediately, glazed with remaining marinade, garnished with cilantro, if desired.

材料

500克去皮无骨三文鱼片, 切成 1 英寸小块, 沥干
900克混合果蔬, 切成 1 英寸小块:

- 12 个樱桃番茄
- 1 个新鲜黄梨
- 1-2 个绿/黄/红灯笼椒, 去籽
- 1 个洋葱
- 4 个大蘑菇, 去茎
- 1 个中等大小的茄子

2 汤匙切碎新鲜香菜叶 (装饰菜)

12 根串肉杆, 木质串肉杆需先泡水 15-30 分钟

腌料

1/2 杯意大利香醋

1-2 个柠檬挤汁

另加 2 汤匙轻质橄榄油

4 瓣蒜, 切碎

1 汤匙干意大利香料

按口味加海盐和现磨胡椒粉

煮法

1. 将所有腌料倒入大碗, 混合均匀后平分为两份。
2. 将三文鱼和蔬菜加入其中一半的腌料, 轻轻均匀涂抹腌料, 加盖腌制约 30 分钟。
3. 在浅口烘焙盘内铺烤盘纸或铝箔, 烤箱预热至220摄氏度。
4. 三文鱼和蔬菜用串肉杆间隔均匀串好, 置于烤盘上, 涂抹用剩余的腌料。
5. 将三文鱼串置于烤箱上层烘烤 5 分钟。
6. 将烤箱模式调至“上火”档, 烤串频繁翻面, 多次涂抹腌料, “上火”档烘烤 3 分钟直至三文鱼由内到外呈不透明、蔬菜软嫩。
7. 用剩余腌料着色后即可享用烤肉串, 如需要, 可用香菜点缀。



SPECIAL thanks

由衷感谢

TO OUR SPONSORS 我们的赞助商



FOR YOUR VOLUNTEERING
CONTRIBUTIONS IN 2019
您与2019的乐意贡献



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
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.



UPCOMING EVENTS 近期活动

ANG MO KIO (AMK) SOCIAL SERVICE CENTRE'S SCHEDULE 宏茂桥社区服务中心

Address: Blk 621, Ang Mo Kio Ave 9,
#01-68, Singapore 560621

JANUARY 一月份

- 11/01
Love Lunch @ AMK
Social Service Centre
爱心午餐于宏茂桥社区服务中心

FEBRUARY 二月份

- 08/02
Love Lunch @ AMK
Social Service Centre
爱心午餐于宏茂桥社区服务中心

MARCH 三月份

- 14/03
Love Lunch @ AMK
Social Service Centre
爱心午餐于宏茂桥社区服务中心

For Clients Only 课程只限会员

- Mon :** 365 Restorah Exercise, Zumba Gold, Chinese Painting
Tue : Detox Exercise
Wed : Nutrition Support Station, Life Support Station,
Wellness Support Station, Japanese Nagomi Pastel Art
Thu : Detox Exercise, Intermediate Ukulele Class
Fri : Line Dance, Art Class, Vocal Class

- 星期一:** 365 修复操, 尊巴, 水墨画
星期二: 淋巴排毒操
星期三: 营养加油站, 生命加油站, 养生加油站, 日本和谐粉彩艺术课
星期四: 淋巴排毒操, 乌克兰中级班
星期五: 排舞, 绘画班, 声乐班

BUKIT PANJANG (BKP) SOCIAL SERVICE CENTRE'S SCHEDULE 武吉班让社区服务中心

Address: Blk 108, Gangsa Road,
#01-171, Singapore 670108

JANUARY 一月份

- 18/01
Love Lunch @ BKP
Social Service Centre
爱心午餐于武吉班让社区服务中心

FEBRUARY 二月份

- 15/02
Love Lunch @ BKP
Social Service Centre
爱心午餐于武吉班让社区服务中心

MARCH 三月份

- 21/03
Love Lunch @ BKP
Social Service Centre
爱心午餐于武吉班让社区服务中心

For Clients Only 课程只限会员

- Mon :** Detox Exercise, Art Class
Tue : Karaoke Singing Class, Ukulele Basic Class
Wed : Dance Fit, Life Support Station, Nutrition Support
Station, Wellness Support Station
Thu : 365 Restorah Exercise Class, CNY Art Class
Fri : Line Dance, Chinese Calligraphy, Handicraft Class

- 星期一:** 排毒操, 绘画课程
星期二: 卡拉OK歌唱班, 乌克兰基础班
星期三: 舞蹈建操, 生命加油站, 营养加油站, 养生加站
星期四: 365 修复操, 新年艺术课程
星期五: 排舞恰恰恰, 书法课程, 手工课程

COMMONWEALTH (CW) SOCIAL SERVICE CENTRE'S SCHEDULE 联邦社区服务中心

Address: 1 Commonwealth Lane, #03-10,
One Commonwealth Building, Singapore 149544

FEBRUARY 二月份

- 22/02
Love Lunch @ CW
Social Service Centre
爱心午餐于联邦社区服务中心

MARCH 三月份

- 28/03
Love Lunch @ CW
Social Service Centre
爱心午餐于联邦社区服务中心

For Clients Only 课程只限会员

- Mon :** Detox Exercise, Vocal Class
Tue : Line Dance, Basic Ukulele Class
Wed : Special Talk, Cooking Class, Nutrition and
Wellness Class
Thu : Zumba Gold, Knitting & Crochet
Fri : 365 Restorah Exercise, Chinese Calligraphy

- 星期一:** 淋巴排毒操, 声乐班
星期二: 恰恰排舞, 乌克兰基础班
星期三: 特别讲座, 烹饪课, 营养与养生课
星期四: 尊巴, 钩针编织
星期五: 365 修复操, 书法

OTHER LOVE LUNCH VENUES 其他爱心午餐地点

JANUARY 一月份

- 04/01
Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院

FEBRUARY 二月份

- 01/02
Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院

MARCH 三月份

- 05/03
Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督恩典堂
- 07/03
Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院



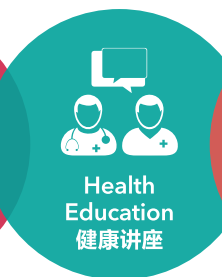
365

淋巴排毒操

Lymphatic Detox Exercise

Anglican Senior Centre Tampines	Bukit Gombak Stadium	704A Pasir Ris St 72	257 Tampines St 21
Every Tue, 9:30am	Mon to Sat, 7am	Mon to Fri, 7:30am	Mon to Fri, 7:20am except Thu Wed, 8:15pm
Ang Mo Kio Town Garden West (Opp. AMK Community Library)	Commonwealth Field	112 Rivervale	494C Tampines Ave 9 Void Deck
Tue to Sat, 6:30am	Mon to Fri, 6:45am	Mon to Fri, 6:30am	Mon to Sat, 7:30am
Bedok Reservoir Park	107 Gangsa Road	106 Simei St 1 Street Soccer Court	9 Toh Yi Drive
Mon to Fri, 7:50am	Every Tue, 7pm	Tue & Fri, 7:15am	Mon to Fri, 6am (Garden) Sat, 6am (Basketball Court)
639 Bedok Reservoir Rd Badminton Court	9 Holland Avenue	149 Simei St 1 Badminton Court	407 Yishun Ave 6
Thu, 8pm	Every Tue, 8pm	Mon to Fri, 7:30am Sat, 7:15am	Mon to Fri, 6:30am

OUR SERVICES 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 执行委员会

President: Dr Eric Chiam
 Vice President: Mr James Chia
 Honorary Secretary: Mr Tan Soo Kee
 Honorary Treasurer: Mr Joshua Siow
 Honorary Assistant Secretary: Dr Raymond Yuen
 Honorary Assistant Treasurer: Ms Ang Pei Wen
 Member: Mr Sam Ang
 Ms Jenny Aw
 Dr Charles Lee
 Prof Lim Kah Meng
 Mr Andrew Pang
 Ms Anna Phua

会长: 詹顺祥博士
 副会长: 谢松兴先生
 秘书: 陈树基先生
 财政: 萧子强先生
 副秘书长: 袁泉芳医生
 副财政: 洪佩文女士
 委员: 洪汇权先生
 胡慧敏女士
 李志州博士
 林家明教授
 冯国明先生
 潘秀霞女士

Management Staff 管理层

Executive Director: Mr Ben Chua
 HOD, Corporate Services: Ms Arlinda Chen
 HOD, Psychosocial Services: Ms Kelly Kuo
 HOD, Marketing, Fundraising: Mr Ashua Chua
 & Volunteer Management

执行长: 蔡德森先生
 企业服务部门主管: 陈美珍女士
 社会心理服务部门主管: 郭凯丽女士
 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

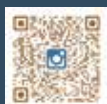
名誉顾问: 张御宾博士
 法律顾问: 吴微良先生
 钟通昌先生



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

License No. MCI (P) 098/12/2019