

**To every cancer
fighter out there:
be hopeful no
matter what
circumstances you
are in!**

在此想对每一位抗癌勇士者说：无论你身处何种境地，都要充满希望！

- Rosy Tan

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**Osteoporosis
develops as a result
of various factors.**

骨质疏松症的产生可被多种因素影响。

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**SPECIAL MENU
FOR THIS MONTH**

本月特别食谱

Melty Chickpea Wrap

鹰嘴豆卷饼

**SERVING THE
COMMUNITY WITH
OUR VOLUNTEERS**

与我们的志愿者一起为社区服务

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PROVIDING CANCER CARE & SUPPORT THROUGH VOLUNTEERING

通过志愿服务提供癌症护理和支持

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."
~Erma Bombeck

2023 marks the 20th anniversary of 365 Cancer Prevention Society (365CPS) operating in Singapore as a social service agency. Over the years, we have been blessed with passionate volunteers who regularly support our clients in their cancer recovery journey through befriending, conducting health talks and fundraising events, supporting centre-based programmes, and even helping in administrative and marketing matters.

At 365CPS, we engage in relational volunteerism, where volunteers' area of expertise and passions match the available opportunities offered. Volunteers can also develop their skills, such as through doing arts & crafts with our cancer patients, taking professional photographs, emceeing for events and doing translation work. Virtual volunteerism, where volunteers support online health talks and exercise programmes, have become a mainstay after the pandemic as well.

A key group of volunteers is our Detox Exercise volunteer instructors who have committed themselves to teaching at 18 exercise locations around Singapore, including conducting virtual exercise sessions for those at home. Many participants report sleeping better and feeling healthier, which is especially important for cancer fighters. A major highlight for 2023 was the Society's first ever Community Walk & Fair on 11 March, where student volunteers from Raffles Institution offered operational and marketing support to ensure the smooth running of our activities.

Volunteers make a difference not only to those who are receiving their services, but also by experiencing

numerous benefits themselves. Studies have shown that volunteerism gives individuals a deeper sense of purpose which leads to greater satisfaction in life. There is also a statistically significant positive relationship between volunteering and lower levels of depression. Whether they are young or old, we have volunteers from all walks of life who are happy to serve the community alongside us.

Whether you are an individual or are affiliated with a company, we believe that you can serve our clients and the community meaningfully. Drop us a call at 6337 3368 or email us at enquiry@365cps.org.sg!

"志愿者是地球上唯一的人类，他们反映了这个国家的同情心、无私的关怀、耐心和单纯的互爱。" ~埃尔马·邦贝克

2023年是365防癌协会 (365CPS) 作为一个社会服务组织的20周年。多年来，我们一直受到热情的志愿者的祝福。他们与成员交朋友、协助健康讲座和筹款活动、支持中心基础的项目，甚至帮助行政和营销事务，每一步都在支持我们的抗癌勇士的康复之旅。

在365CPS，我们从事的是关系型志愿服务，志愿者的专业领域和热情与所提供的机会相匹配。志愿者也可以发展他们的技能，例如与我们的抗癌勇士一起做艺术和手工艺，拍摄专业照片，为活动担任司仪和做翻译。虚拟志愿服务，即志愿者支持在线健康讲座和运动项目，在疫情之后成为一个主要的组成部分。

一个关键的志愿者群体是我们的排毒运动志愿者导师，他们都会在全岛的18个运动地

点进行教学，也为在家观看的人进行虚拟运动课程。许多参与者表示睡眠更好，感觉更健康，这对抗癌者来说尤其重要。2023年的一个主要亮点是协会在3月11日举行的首次社区步行和展览会，来自莱佛士学院的学生志愿者提供了操作和营销支持，以确保我们的活动顺利进行。

志愿者不仅为接受他们服务的人带来了变化，而且自己也体验到了许多好处。研究表明，志愿服务为个人注入了更深的目的感，从而使他们的生活更加满意。在统计学上，志愿服务和较低的抑郁症水平之间也存在着明显的正相关关系。无论他们是年轻人还是老年人，我们有来自各行各业的志愿者，他们都很乐意与我们一起为社区服务。

无论你是个人还是隶属于某个公司，我们相信您可以为我们的会员和社区提供有意义的服务。欢迎您立刻打电话：63373368，或发个电子邮件：enquiry@365cps.org.sg。



TESTIMONIES

见证

ZHANG YICHI'S TESTIMONY

Zhang Yichi 的分享

I still remember meeting the fundraising team for the first time in 2014, and that was how my journey with 365CPS began. I used to think of cancer as an extremely frightening disease and people suffering from it must be very weak, upset, and in pain. However, I learnt that my assumption was incorrect after joining 365CPS. I became captivated by their exquisite handicrafts, brilliant musical performances, positive outlooks, and grateful hearts. My heart is always filled with appreciation, admiration, and affection whenever I witness how our cancer warriors battle the disease while living a fulfilling life.

In addition, I am very grateful to grow with our society over the past years. I am very proud to see the joining of more staff and volunteers, as well as the opening of new social service centres in various locations. My volunteer experience allowed me to build a stronger relationship with our members, gain a better understanding of their multifaceted needs, and make many close friends. I have acquired a wide range of knowledge and skills, such as first aid, CPR-AED, communication, and caregiving via various training programmes. This unique experience has also inspired me to further my studies and explore more solutions to help and serve those in need.

Last but not least, I hope more people can join our big family, either as volunteers or clients, to offer and receive a greater level of support, companionship, and courage. Trust me, you will not regret it!

我至今还记得我在2014年第一次见到365CPS的筹款团队，也是我开始365CPS旅程的场景。之前我一直认为癌症是一个非常可怕的疾病，而罹患癌症的人一定非常虚弱、沮丧，和痛苦。但加入365CPS后，我才发现我的想法是错误的。我被他们精湛的手工制作、精彩的音乐表演、积极的人生观和感恩的心所折服；每当看到我们的抗癌勇士如何与疾病抗争，过着充实的生活，我的心里总是充满感激、钦佩和爱意。

我非常感谢能在过去几年里与协会一起成长的过程。我看到更多员工和志愿者的加入，以及在不同地点新开设的社会服务中心，我感到非常自豪。我的义工经历让我与会员建立了更牢固的关系，更好地了解他们的多方面需求，并结交了许多亲密的朋友。我也通过各种培训计划学到了很多知识和技能，例如急救技能、心肺复苏、沟通技巧，以及护理知识。这些独特的经历也激励我继续深造来探索更多的解决方案以帮助和服务有需要的人。

最后，我希望能有更多的人加入我们的大家庭，无论是作为会员还是义工，在给予的同时也能接受到更多的支持、陪伴和勇气。相信我，你不会后悔的！





MING SOOK HA'S TESTIMONY

Ming Sook Ha 的分享

I have been volunteering at 365CPS for 15 years and participated in their unique lymphatic detoxification exercises, dance group and "Angel Voice". As a lymphatic detox instructor, I am responsible for training new detox instructors, teaching at various venues and setting up new exercise areas. I also lead the virtual detox exercise every Wednesday night.

In 2006, I was unexpectedly diagnosed with a health issue, which alarmed me. I then tried various exercises to improve my health, and that was when I came across 365 Lymphatic Detoxification Exercise. I went from being out of breath when I climbed up a floor to where I am today filled with great energy and a unwavering drive to encourage others to exercise regularly.

I have witnessed the resilience and perseverance of the participants who attend my exercises. They may have felt overwhelmed when they first start exercising, but they never gave up. Seeing them regain their confidence and joy of life gives me

immense satisfaction and motivation and that is my greatest reward!

我在365防癌教育协会当义工已有15年了,参与的义工项目有365淋巴排毒操,舞蹈团和天使之声。作为淋巴排毒操导师,除了负责培训和训练排毒操老师、到各大小型场合授课和建立新排毒操运动区点外,每天早上也在自己负责的运动区点带动居民做运动;每个星期有两天会在协会各别的社区服务中心教导癌症康复者做操,同时也分别在协会的网上社区服务中心和星期三晚上的网上排毒操上线带操。

在2006年因身体健康出了状况,亮起了红灯,为了健康,我尝试了各种的运动,直到接触了365淋巴排毒操。我一个气血不足,爬上一层楼都气喘呼呼的状况,变成今天每天精神奕奕带动别人运动的我。

通过运动,我看到了学员们的坚韧和毅力。刚开始实行运动时,她们可能会感到力不从心,但她们从不轻言放弃。看到她们重新获得信心和找回生活的乐趣给予我无比的满足感和动力,也是我最大的回报。

KWAN WAI YIN'S TESTIMONY

关慧仪的分享

My name is Kwan Wai Yin. I attended a health talk hosted by 365CPS at the beginning of 2019 and joined as a volunteer. I thought I had no special talent to offer, but I could do the dishes in the kitchen, so I became a kitchen helper.

I later learnt that 365CPS was helping cancer patients to live a normal meaningful and enriching life and I was touched by the fact that all the activities offered by the Society were free of charge, including the provision of healthy meals twice a day for their clients. I really admire and appreciate the efforts of all the staff. I began to feel very fortunate to be able to do my part here, and I find it very rewarding.

The last two and a half years of the COVID-19 pandemic have prevented me from volunteering, but now I am happy to be back to help. It is truly the combined efforts of every individual that will allow the Society to move forward.

我叫关慧仪。2019年初,我参加了365防癌协会举办的健康讲座,并加入了志愿者行列。我以为自己没有什么特别的才能,但我可以在厨房里洗碗,所以我成了厨房帮手。

后来,我才发现365防癌教育协会正在帮助癌症患者减轻日常生活中的担负,而协会所提供的活动都是免费的,包括每天为癌症病人者提供两顿健康餐。我真的很佩服和感谢所有工作人员的努力。我开始感到非常幸运,能够在365防癌教育协会内尽自己的一份力量,觉得很有成就感。过去两年半的COVID-19疫情使我无法做志愿者,但现在我很乐意能回来帮忙。这确实是每个人的共同努力,使协会得以向前发展。



ROSY TAN HIANG HOWE'S TESTIMONY

陈贤豪的分享

My name is Mdm Rosy Tan Hiang Howe and I am 70 years old. I was diagnosed with early-stage breast cancer during a routine mammogram. At the beginning of my treatment, I would usually feel extremely tired after each chemotherapy session.

I knew about 365CPS through an old classmate who recommended visiting Ang Mo Kio Social Service Centre (AMK SSC), and it has since become my second home. I enjoyed learning watercolour painting from teacher Diana, who has become my close friend. Nagomi art was also very therapeutic for me. To stay fit, I participated in Zumba dances and detox exercises. Spending my days at AMK SSC has helped me realise that belonging to a warm community allows me to relax and be happier.

I would like to thank 365CPS for investing their valuable time and resources to support the cancer community in Singapore. And to every cancer fighter out there: be hopeful no matter what circumstances you are in!

我是陈贤豪，今年70岁。在一次例行的乳房检查中，我被诊断出患有早期乳腺癌。当我开始接受治疗时，我感到非常疲劳。

我是通过一个老同学而认识365CPS。他介绍我去宏茂桥社区服务中心 (AMK SSC)。那里现在已经成为我的第二个家。我很喜欢跟Diana老师学习水彩画，她也渐渐地成为我的闺蜜。和谐粉彩艺术对我来说也是非常具有治疗作用的。为了保持健康，我参加了尊巴舞和排毒运动。在AMK SSC度过的日子让我意识到，属于一个温暖的群体确实让我放松和感到更快乐。

我要感谢365CPS投入宝贵的时间和资源来支持国内的抗癌勇士者！同时，在此想对每一位抗癌勇士者说：无论你身处何种境地，都要充满希望！



BONE CANCER: A RARE CANCER

骨癌是一种罕见的癌症



What is Bone Cancer?

Bone cancer, also known as bone sarcoma, develops when bone and cartilage cells grow abnormally and uncontrollably. While bone cancer is rare in adults, it is more commonly seen in children, adolescents, and young adults. According to the Singapore Childhood Cancer Registry, bone cancers account for 5.9% of childhood cancers in Singapore.

Signs to Look Out For

Bone cancer commonly presents with these symptoms:

- Pain in the bones and joints, which may worsen at night or during activity
- Swelling over the affected part of the bone
- Stiffness or tenderness in the bone
- Problems with movement such as an unexplained limp
- A fractured bone
- Unexplained weight loss
- Fatigue

While these symptoms can also be caused by other conditions such as arthritis and osteoporosis, do seek medical attention from a healthcare professional if you are experiencing any of these symptoms. Early detection of bone cancer can improve treatment outcomes, so prompt evaluation and diagnosis are crucial.

Risk Factors

While primary bone cancer can affect anyone, certain factors can increase a person's risk. These include:

- A family history of certain genetic diseases or rare cancers.
- Prior radiation therapy or chemotherapy to treat another cancer. Exposure to radiation increases the risk of primary bone cancer, particularly in those who received treatment at a young age or with a high dose of radiation.
- Paget disease of the bone. This disease mainly affects people aged 50 and over and causes abnormal bone tissue to form, leading to brittle, thick bones that are more likely to fracture.
- Certain types of bone or cartilage tumours. Having a genetic condition that causes bony tissue bumps, benign bone/cartilage tumours can increase a person's risk of bone cancer.
- Having a bone marrow transplant has sometimes been associated with the development of osteosarcoma.

Treatments

Bone cancer treatment options depend on various factors, including the cancer's grade, type, location, and size, as well as the patient's medical history, symptoms, and personal preferences.

Surgery

Surgery is a common treatment option for bone cancer, and the type of surgery depends on the tumour's location and size. The types of surgery include limb-salvage surgery, amputation, and curettage, which involves scraping out the tumour without removing any sections of bone.

Radiation Therapy

Radiation therapy uses radiation to destroy cancer cells. It can be used before or after surgery or as a palliative treatment for advanced bone cancer. Stereotactic radiation therapy is a specialised form of radiation therapy used to treat metastatic tumours that have spread to the vertebrae in the spine or other bones.

Chemotherapy

Chemotherapy uses a range of drugs to destroy or slow the growth of bone cancer cells, and the type of drug used depends on the cancer's type. Chemotherapy treatment takes place over several sessions or cycles and usually takes around three to six months.

什么是骨癌?

骨癌,也被称为骨肉瘤,当骨和软骨细胞不正常地、不受控制地生长时就会发生。骨癌在成年人中很少见,但它更常见于儿童、青少年和年轻人。根据新加坡儿童癌症登记处的数据,骨癌占新加坡儿童癌症的5.9%。

需要注意的征兆

骨癌通常会出现这些症状:

- 骨骼和关节疼痛,尤其在夜里和活动后加重
- 部分骨骼出现肿胀
- 骨骼僵硬或有触痛感
- 活动时,忽然跛行
- 骨折
- 体重突然减轻
- 疲劳

虽然这些症状也可能是由其他疾病而引起的,如关节炎和骨质疏松症,但如果你有这些症状,一定要找专业的医疗保健人员进行治疗。早期发现骨癌可以改善治疗效果,所以及时评估和诊断是至关重要的。

风险因素

虽然原发性骨癌可以影响任何人,但某些因素可以增加一个人的风险。这些因素包括:

- 有某些遗传性疾病或罕见癌症的家族史。
- 以前接受过放疗或化疗以治疗其他癌症。暴露于辐射会增加原发性骨癌的风险,特别是那些在年轻时接受治疗或高剂量辐射的人。
- 患有佩吉特骨病。这种疾病主要影响50岁及以上的人,导致不正常的骨组织形成,导致骨骼变脆、变厚,更有可能骨折。
- 某些类型的骨或软骨肿瘤。患有导致骨组织凸起的遗传性疾病,良性骨/软骨肿瘤可以增加一个人患骨癌的风险。
- 做过骨髓移植有时与骨肉瘤的发展有关。

治疗方法

骨癌的治疗方案取决于各种因素,包括癌症的等级、类型、位置和大小,以及病人的病史、症状和个人喜好。

手术治疗

手术是骨癌的常见治疗方案,手术的类型取决于肿瘤的位置和大小。手术的类型包括:拯救肢体手术、截肢和刮宫,刮宫是指刮出肿瘤而不切除任何部分的骨骼。

放射治疗

放射治疗使用辐射来摧毁癌细胞。它可以在手术前或手术后使用,或作为晚期骨癌的姑息性治疗。立体定向放射疗法是一种专门的放射疗法,用于治疗已经扩散到脊柱或其他骨骼的转移性肿瘤。

化疗

化疗使用一系列的药物来破坏或减缓骨癌细胞的生长,使用的药物类型取决于癌症的类型。化疗分几个疗程或周期进行,通常需要一个疗程。



When our bone mineral density and bone mass decrease, it will lead to weakened bone strength which can increase the risk of bone fractures. This is a bone disease known as Osteoporosis and may involve changes in the strength and structure of our bones. It is also the main cause of bone fractures among post-menopausal women and older men.

Osteoporosis is multifactorial and one of the causes could be due to a diet low in protein, calcium and vitamin D. Excessive weight loss or being underweight will contribute to loss of bone mineral density as well. Other lifestyle factors that will increase the risk of osteoporosis include long-term heavy alcohol drinking and low level of physical activity.

OSTEOPOROSIS DIET: BUILD STRONG BONES

骨质疏松吃什么？建立强壮骨骼

Slowing down or stopping bone loss for fracture prevention are the main goals of osteoporosis treatment. A series of treatments are needed, including:

- Proper nutrition;
- Lifestyle changes;
- Exercise;
- Fall prevention to help prevent fractures; and
- Medications.

1. Proper nutrition

- Have a healthy and balanced diet including fruits and vegetables.
- Consume sufficient calories for your age, height and weight. You may seek guidance from a dietitian to find out the exact amount of calories needed to maintain a healthy weight.
- Focus on sufficient protein, calcium and vitamin D intake.
- Consume high-calcium food to meet calcium requirements (800 – 1000mg a day):

Dairy Products	High-calcium milk powder, low-fat milk, low-fat yoghurt, low-fat cheese
Non-dairy Foods	Canned sardines (with bones), dried anchovies (with bones), silken tofu, tau kwa, dhal, canned baked beans, kai lan, spinach, chye sim, broccoli, nuts and seeds
Calcium-fortified Products	Soybean milk, bread, orange juice *Must be calcium-fortified

- Vitamin D is necessary for effective calcium absorption from the intestine. Our body will produce vitamin D after exposure to sunlight. You may also get some vitamin D from foods like fatty fish, fish oils, egg yolks, liver and vitamin D-fortified products (usually milk and cereal).

当我们的骨矿物质密度和骨量减少时，这将导致骨强度减弱，从而增加骨折风险。这是一种称为骨质疏松症的骨骼疾病，有时可能会涉及骨骼强度和结构的变化。它也是绝经后妇女和老年男性骨折的主要原因。

骨质疏松症的产生可被多种因素影响，原因之一可能是饮食中蛋白质、钙和维生素 D 含量低。过度减肥和体重不足也会导致骨矿物质密度下降。其他会增加骨质疏松症风险的生活方式因素包括长期大量饮酒和久坐不动。

减缓或停止骨质流失以预防骨折是骨质疏松症治疗的主要目标。

需要的一系列治疗包括：

- 适当的营养。
- 生活方式的改变。
- 运动。
- 预防跌倒以避免骨折。
- 药物。

1. 适当的营养

- 主要概念是拥有健康均衡的饮食，包括摄取水果和蔬菜。
- 摄取适合您的年龄、身高和体重的热量。您可以向饮食治疗师寻求建议，以了解维持健康体重所需的卡路里量。
- 确保摄入足够的蛋白质、钙和维生素 D。
- 食用高钙食物以满足钙需求（一天800 – 1000 毫克）。

乳制品	高钙奶粉、低脂牛奶、低脂酸奶、低脂奶酪
非乳制品	沙丁鱼罐头（带骨）、江鱼仔（带骨）、嫩豆腐、豆干、印度扁豆、焗豆罐头、芥兰、菠菜、菜心、西兰花、坚果和种子
添加钙的产品	特定的豆奶、面包、橙汁 *一定要含有添加钙

- 维生素D可帮助我们的肠道有效吸收钙。我们的身体在接受阳光照射后会产生维生素D。您还可以从一些食物中获取一些维生素D，包括多脂鱼、鱼油、蛋黄、肝脏和含有添加维生素D的食物（通常是牛奶和谷物）。

MELTY CHICKPEA WRAP

鹰嘴豆卷饼

Prep time : 15 minutes
Cook time: 15 minutes
Serves : 6

准备时间 : 15分钟
烹调时间 : 15分钟
份量 : 6 人份

Ingredients

- 6 eggs
- 18 pieces iceberg lettuce, washed and drained
- ½ cup low fat plain yogurt
- 6 slices reduced-fat cheese slices
- 1 can chickpea, drained
- 6 pieces wholegrain wrap
- ¼ cup raisin

Seasoning:

- Black pepper powder

食材

- 6 粒鸡蛋
- 18 片生菜, 洗净沥干
- ½ 杯低脂原味优格
- 6 片低脂芝士片
- 1 罐鹰嘴豆, 沥干
- 6 片全麦卷饼
- ¼ 杯葡萄干

调味料:

- 黑胡椒粉



Method 做法

1. Preheat oven at 180 degrees.
2. Steam chickpeas for 5 minutes. Set aside.
3. Boil a pot of hot water. Boil eggs for 10 minutes. Drain the water and cool down eggs in cold running water.
4. Peel eggs and chop them roughly. Add in low fat yogurt and season with black pepper powder. Set aside.
5. Lay wholegrain wrap on a flat surface, place 3 pieces of iceberg lettuce on a quarter section. Then, top with egg mixture, chickpea, cheese slice and raisin.
6. Fold the wrap into half, then fold it into quarter size.
7. Bake wholegrain wrap in oven for 5 minutes at 180 degrees.

1. 将烤箱预热至180度。
2. 将鹰嘴豆蒸5分钟。放置一旁。
3. 水煮鸡蛋10分钟然后用自流水使鸡蛋冷却。
4. 剥去鸡蛋壳, 将鸡蛋切碎。加入低脂优格, 以黑胡椒粉调味。放置一旁。
5. 将全麦卷饼铺于平面, 在四分之一角落放上3片生菜然后, 放上切碎的鸡蛋、鹰嘴豆、芝士片和葡萄干。
6. 先将全麦卷饼对折, 然后再将其折叠成四分之一大小。
7. 将全麦卷饼放入烤箱中, 在180度的温度下烘烤5分钟。

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或 enquiry@365cps.org.sg

ARE YOU AT RISK? LUNG CANCER SCREENING



Scan the QR
code to find out
more!

Lung cancer is one of the top 3 cancers affecting both men and women in Singapore, and cigarette smoking is the number one cause of lung cancer.

'Are You at Risk?' is a campaign jointly organised by 365 Cancer Prevention Society and AstraZeneca to take an active step towards the fight against lung cancer. This first of its kind screening in Singapore is made possible by partnering with various community groups, medical partners & social service agencies, to identify and encourage at-risk individuals to undergo this sponsored screening.

This sponsored screening is available for individuals who:

- Have a blue or orange CHAS card
- Are 50 to 80 years old
- Have smoked more than or equal to 20 pack years
- Are still smoking or quit less than 15 years ago.



For any enquiries on this campaign, please contact our community partners or email 365CPS staff Elyn at elyn.tan@365cps.org.sg.

Organiser:



Co-partner:



Knowledge Partners:



Screening Partners:



Community 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, Clay Art
Tue : Art Class, Ukulele Basic, Vocal Class, Karaoke Session
Wed : 365 Lymphatic Detox Exercise
Thu : Chinese Painting, Line Dance, Fall Prevention Workout
Fri : Finger Painting Class, Zentangle Art

星期一: 尊巴, 日本和谐粉彩班, 黏土艺术
星期二: 绘画班, 乌克兰班(基础), 声乐课, 卡拉OK
星期三: 365淋巴排毒操
星期四: 水墨画, 排舞, 预防跌倒运动
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
Thu : Zumba Gold, Clay Art
Fri : Chinese Painting, Art Class, Fall Prevention Workout

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, 乌克兰班(基础), 声乐课, 卡拉OK
星期三: 指画班
星期四: 尊巴, 黏土艺术
星期五: 水墨画, 绘画班, 预防跌倒运动

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, Karaoke session
Wed : Hula Hoop Workout, Fall Prevention Exercise, Birthday
Celebration, Workshop
Thu : Zumba Gold, Ukulele class, Art Class
Fri : Vocal Training, Finger Painting, Chinese Painting

星期一: 365淋巴排毒操, 中国书法
星期二: 排舞, 气球造型课程, 卡拉OK
星期三: 呼啦圈锻炼, 预防跌倒运动, 生日庆祝, 工作坊
星期四: 尊巴, 乌克兰班, 绘画课
星期五: 声乐课, 指画, 水墨画

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

TAMPINES SOCIAL SERVICE CENTRE (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
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, 乌克兰班(基础), 乌克兰班(中级)

Interested participants are advised to contact our Social Service Centres (SSC) 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。

365 淋巴排毒操

LYMPHATIC DETOX EXERCISE

EAST		WEST	
106 Simei St 1 S520106 (Street Soccer Court) Mon & Wed, 7.15am	257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8.15am	106 Gangsa Road S670106 Tue, 8pm	Sports @ Buona Vista 115A Commonwealth Dr, S149596 Tue & Fri, 7am
149 Simei St 1 S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am	Bedok Reservoir Park 760 Bedok Reservoir Rd, S479245 (Near to Car Park A) Mon to Fri, 7.50am	Bukit Gombak Stadium 800 Bukit Batok West Ave 5, S659081 Mon to Sat, 7am	Singapore Botanic Garden, Eco-Garden 469C Bukit Timah Rd, S259772 Mon, 7.45am
CENTRAL	NORTH	NORTH-EAST	
Braddell House 1 Lor 2 Toa Payoh, #05-04, S319637 (Formerly from TPPC) Thu, 10am	407 Yishun Ave 6 S760407 Mon to Fri, 6.30am	112 Rivervale Drive S540112 Mon to Fri, 6.30am	Glad Tidings Church 1 Valley Road, S534449 Tue, 10am
NTUC Health Active Ageing Centre 41 Telok Blangah Rise, S090041 Wed, 9.30am	Ang Mo Kio Town Garden West 126 Ang Mo Kio Ave 3, S560126 Tue to Sat, 7am	238 Hougang Ave 1 S530238 (Open Court) Mon, Thu, Sat, 7.15am	St Paul's Church 843 Upper Serangoon Road, S534683 Sat, 10.30am
Renewal Christian Church 88 Saint Francis Road, S328070 Thu, 8am	VIRTUAL Zoom Wed, 8.15pm	246 Hougang Ave 3 S530246 (Hard Court) Tue, 7.15am	

Interested participants are advised to contact our office at 6337 3368 to get the latest event status.

有兴趣的参加者请联系我们的办公电话6337 3368以获取最新的活动详情。

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	: Mr James Chia	会长	: 谢松兴先生
Vice President	: Mr Sam Ang	副会长	: 洪汇权先生
	: Dr Francis Chin		: 陈国俊医生
Honorary Secretary	: Ms Ang Pei Wen	秘书	: 洪佩文女士
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	: Ms Terri Chen	委员	: 陈慧敏女士
	: Mr Tan Soo Kee		: 陈树基先生
	: Mr Joshua Siow		: 萧子强先生

Management Staff 管理层

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Assistant Director, Corporate Services	: Ms Arlinda Chen	企业服务部门副总监	: 陈美珍女士
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HOD, Clinical Services, Research & Resource Centre		临床服务、研究与资源中心部门主管	
	: Mr Andrew Ong		: 翁国华先生

Advisors 顾问团

Honorary Patron	: Dr Koh Poh Koon	名誉顾问	: 许宝琨医生
Honorary Patron	: Dr Tan Wu Meng	名誉顾问	: 陈有明医生
Honorary Patron	: Dr Teo Ho Pin	名誉顾问	: 张仰宾博士
Legal Advisor	: Mr Wu Yu Liang	法律顾问	: 吴微良先生
Honorary Non-Executive Advisor	: Rev (Dr) Eric Chiam	荣誉顾问	: 詹顺祥博士



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

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