



# 20 YEARS 365 ANNIVERSARY

**365**  
防癌教育協會  
Cancer Prevention Society

十月季刊  
**NEWSLETTER**  
**OCTOBER 2023**

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# VOLUNTEER APPRECIATION DAY

On 26 August, we showed our appreciation to our volunteers for tirelessly contributing to our Society over the years at Ban Heng Restaurant in Orchid Country Club. We invited more than 100 active volunteers to a delicious luncheon and to receive tokens of appreciation for their generous service.

The event was also graced by our EXCO members, notably our Honorary (Non-Executive) Advisor, Rev (Dr) Eric Chiam and Mr Joshua Siow. Both members received Long Service Awards for contributing to the Society for 20 years and 10 years respectively. Our Chief Executive Officer, Mr Ben Chua, highlighted the importance of volunteers in the smooth running of our day-to-day activities and ensuring that the needs of our clients are well-met in his opening speech. Rev (Dr) Chiam then presented our long-serving volunteers with their Long Service Awards.

All the attendees also enjoyed stage performances by singers from Vocal Evolution Studio, Zumba dances by clients from Ang Mo Kio Social Service Centre and educational comedy skit by our very own dietitians, Loh Hui Xin and Ng Jing Wen. Our amiable host brought the room to life with engaging table games and an impromptu costume competition. The celebration ended on a high note with a much-awaited lucky draw segment presented by our Vice President, Dr Francis Chin.

Everyone left with their stomachs and hearts full, with unforgettable memories of the day and a brimming hope for the future of 365CPS!

8月26日,我们在胡姬乡村俱乐部 (Orchid Country Club) 的万兴酒楼 (Ban Heng Restaurant), 为多年来尽心尽力做出贡献的义工们举办了一场感谢宴。我们邀请了100多名义工共进美味午餐, 向他们热心服务表示感谢。

我们的执行委员会成员也出席了此次午宴, 其中包括荣誉顾问詹顺祥牧师 (Dr) 和萧子强先生。他们两位成员获得长期服务奖, 表彰他们分别20年和10年的贡献。协会行政总裁蔡德森先生在开幕致辞中, 强调了义工对协会日常活动顺利进行的重要性, 以及满足协会会员的需求。随后, 詹牧师为长期服务的义工颁发了长期服务奖。

出席感谢宴的与会者也欣赏了来自Vocal Evolution Studio 的歌手所带来的舞台表演、宏茂桥社区服务中心的会员也呈献尊巴舞蹈。我们的营养师罗慧欣和黄靖文也呈献了一个具教育性质的喜剧。我们的司仪让整个会场充满活力, 带动每桌完成了有趣的游戏和即兴服装比赛。最后, 我们的副主席陈国俊医生主持了大家期待已久的幸运抽奖环节, 为庆祝活动画上了圆满的句点。每个人都满载而归, 留下了难忘的回忆, 对365CPS的未来, 充满了希望!

Be it an EXCO member or a kitchen hand volunteer, every individual was proud and thrilled to be serving in 365CPS for so many years. I am thankful that I have also, in my own way, been able to contribute. In this life, we cannot always do great things. But we can do small things with great love!

无论是执行委员会成员, 还是厨房义工, 每个人都为能在365CPS服务这么多年而感到自豪和激动。我也很感谢能以自己的方式做出贡献。这个人生中, 我们不可能总是做大事, 但我们可以用大爱做小事!

- Gary

Thank you for the Volunteer Appreciation Lunch! We enjoyed it immensely, especially with a fun and engaging emcee. Much appreciation to the staff for organising the event too. There was definitely a lot of effort involved and we really appreciate that.

感谢协会举办的午餐宴会! 我们都玩得很开心, 尤其是那位风趣幽默的司仪。非常感谢工作人员筹备了这次感谢宴, 他们付出了很多努力。

- Karyn

# 365 CANCER PREVENTION SOCIETY'S PHYSIOTHERAPY PILOT PROGRAMME

## 365 防癌教育协会复健试点计划

Physiotherapy is a treatment method that utilises physical therapy and exercises to maintain and/or improve the mobility and strength of patients with injuries or illnesses. Physiotherapy can help cancer patients improve their strength and physical functioning, reduce side effects from cancer and cancer-related treatment, as well as improve their cancer prognosis.

To improve the functional status and quality of life of our clients, 365CPS launched a physiotherapy pilot programme at Ang Mo Kio Social Service Centre spanning late June to December 2023. This pilot programme targets adult cancer patients who have reported a decline in their physical functioning or experienced physical symptoms such as fatigue and pain. Sessions are conducted one-to-one by a registered physiotherapist with experience in cancer rehabilitation, and different types of therapy approaches are tailored to and administered in consideration of each participant's physical condition and symptoms of concern.

As of August, the pilot programme has 29 clients enrolled, who will undergo an average of six to eight 1-hour sessions. Participants have reported experiencing improvements in their physical symptoms and functioning after the sessions.

365CPS hopes that through this pilot programme, our clients can improve their physical functioning and enjoy a better quality of life.



物理治疗是一种利用物理疗法和运动来维持和或改善伤病患者活动能力和体力的治疗方法。

物理治疗可以帮助癌症患者改善体力和身体机能，减轻癌症和癌症相关治疗的副作用，并改善癌症并发症。

为了改善会员的功能状况和生活质量，365防癌教育协会在宏茂桥社区服务中心从2023年6月底至12月推出一项复健试点计划。该试点计划的目标人群是身体机能下降或出现疲劳和疼痛等身体症状的成年癌症患者。课程由一名具有癌症康复经验的注册物理治疗师一对一进行，并根据每位参与者的身体状况和关注的症状量身定制和实施不同类型的治疗方法。

截至8月，试点计划已有29名会员报名参加，他们将接受平均6到8次，每次1小时的治疗。参与者表示，在疗程结束后，他们的身体症状和功能都有所改善。

365防癌教育协会希望通过这项试点计划，我们的会员能够改善身体机能，享受更好的生活质量。



Gastric cancer, also known as stomach cancer, refers to a malignancy arising from any part of the stomach. It is one of the top five cancers worldwide.

Other causative factors for gastric cancers include smoking, a chronic infection of the stomach by a bacterium called *Helicobacter pylori* and the consumption of salted, preserved, and pickled foods that contain cancer-causing chemicals. Genetics plays an important role as well, such as when you have a family history of gastric cancer or related malignancies like colon and breast cancers. Ethnicity also matters - Chinese males have a higher risk compared to females, and when compared to Malays and Indians.

## WHAT IS GASTRIC CANCER?

### 什么是胃癌?

In addition, the risk of having gastric cancers increases as we age, and the majority occur in patients above the age of 50. Interestingly, even though the overall incidence of gastric cancer has been decreasing worldwide, the frequency in younger people has been rising among females.

If you belong to a high-risk group, a gastroscopy is a simple and accurate way of screening for gastric cancer. Opportunistic gastroscopy can be done at the same time as a colonoscopy, which is a well-established screening for the detection of colorectal cancers. A new way of screening for gastric cancer through a blood test, GastroClear, is also available now. This test has been clinically validated to detect more than 87% to 89% of gastric cancer cases. With such an easy test available, no one should delay testing for gastric cancer if there are any symptoms.

Written by Dr Melvin Look from Farrer Park Hospital. For more information on his profile, please visit <https://www.farrerpark.com/patients-and-visitors/doctor/detail.html?id=124>.

胃癌，是指发生于胃部任何部位的恶性肿瘤。它是全球五大癌症之一。

胃癌的其他致病因素包括吸烟、幽门螺旋杆菌对胃部的慢性感染以及食用含有致癌化学物质的腌渍食品。基因遗传也起着重要作用，例如有胃癌或结肠癌和乳腺癌等相关恶性肿瘤家族史的人也会有更高的风险。种族也很重要--中国男性患胃癌的风险不止高于女性，也高于马来人和印度人。

此外，随着年龄的增长，患胃癌的风险也会增加，而且大多数胃癌发生在50岁以上的患者身上。有趣的是，尽管胃癌的总体发病率在全球范围内呈下降趋势，但在年轻人中，女性的发病率却在上升。

如果您属于高危人群，胃镜检查是一种简单而准确的胃癌筛查方法。机会性胃镜检查可与结肠镜检查同时进行，后者是一种行之有效的大肠癌筛查方法。现在还可以通过新的血液检测 GastroClear 来筛查胃癌。该检测经临床验证可检测出 87% 至 89% 以上的胃癌病例。有了如此简便的检测方法，任何人都应该在出现任何症状时拖延胃癌检测。

作者：法拉尔公园医院 Melvin Look 医生。欲了解更多有关其个人资料的信息，请游览 <https://www.farrerpark.com/patients-and-visitors/doctor/detail.html?id=124>。





**18 SEP -  
15 DEC  
2023**

**Risk factors:**

- Age. Gastric cancer is more common after 40 years old.
- Family history of gastric cancer.
- Medical history of gastritis and other stomach illnesses.
- History of *Helicobacter pylori*.
- Lifestyle and diet:
  - Obesity
  - Tobacco smoking
  - Alcohol drinking
  - High intake of salted, pickled, and smoked foods.
  - Low intake of fruits and vegetables.

Stay  
**CLEAR**  
of Gastric Cancer

Gastric cancer, also known as stomach cancer, is a silent killer as symptoms often only appearing at a late stage. If cancer is detected early, timely life-saving treatment can be administered.

**Screening can detect gastric cancer early.**

Most early-stage gastric cancer patients have no symptoms.

79% of patients are diagnosed at stage IV, where the five-year survival rate is less than 5%.

Gastric cancer is curable if detected early.

Every year gastric cancer claims **300-500** lives in Singapore.\*

\*Singapore Cancer Registry Annual Registry Report 2020

**Register:**



**Screening eligibility:**

- 40 years old and above
- Valid blue/orange CHAS card



**Donate:**



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# 365CPS PARTICIPATES IN SAN YI FINGER PAINTING SOCIETY'S FINGER-PAINTING ART EXHIBITION

## 365防癌教育协会参加三一指画学会指画艺术展

365 Cancer Prevention Society (365CPS) was honoured to be invited to San Yi Finger Painting Society's art exhibition on 25 August 2023 at the Singapore Chinese Cultural Centre. The exhibition lasted for five days and featured about 100 paintings. In addition to the artworks by members of San Yi Finger Painting Society, there were 30 paintings by clients from 365CPS.

Mdm Chow Choon Leng, client from Ang Mo Kio Social Service Centre, reflects on her experience: "I have been learning finger painting for the past three months and am very happy to have my artwork exhibited. I am grateful to be able to learn from these teachers."

Mr. Ben Chua, Chief Executive Officer of 365CPS, expressed his appreciation as well: "We are grateful to the two instructors, Mr.

Wu Ee Lung and Mr. Lim Seng Keong, for their dedication, who has given our clients the opportunity to learn finger painting and experience the beauty of life from it."

Mr. Wu Ee Lung, President of the San Yi Finger Painting Society, added: "I would like to thank our clients from 365CPS for their dedication to learning and their willingness to participate in this exhibition. In the 45 years of our Society's history, we have faithfully followed the teachings of our founder, Wu Tsai Yen. We hope that the magnificent art of finger-painting can continue to flourish."

365CPS is thankful for this collaboration and hopes to continue serving our clients by providing similar meaningful learning opportunities in the future!

365防癌教育协会 (365CPS) 有幸受邀参加2023年8月25日在新加坡中华文化中心举行的三一指画社画展。画展为期五天,共展出约100幅作品。除了三一指画社成员的作品外,还有30幅来自365CPS客户的画作。

我们的客户周春玲女士回顾了她的经历:"在过去的三个月里,我一直在学习手指画。我很感谢能够向这些老师学习"。

365CPS的首席执行官蔡德森先生也表达了他的谢意:"我们非常感谢吴怡龙先生和林星拱先生两位老师的付出,是他们让我们的客户有机会学习手指画,并从中体验到生活的美好。"

三一手指画学会会长吴怡龙先生补充道:"我要感谢365CPS的客户,感谢他们对学习的执着,感谢他们愿意参加这次展览。三益指画社成立45年来,一直忠实于创始人吴在炎先生的教诲。我们希望瑰丽的指画艺术能够继续发扬光大"。

365CPS非常感谢此次合作,并希望今后能继续为我们的客户提供类似的有意义的学习机会!



# LET'S GRADE YOUR BEVERAGES!

## NUTRI-GRADE ABCD

### 来为您的饮料评分吧! Nutri-Grade ABCD

Sugar-sweetened beverage is one of the major factors that contribute to diabetes. And that is the reason of Nutri-Grade ABCD being introduced by the Singapore government. This grading system allows consumers to identify which beverages are lower in sugar and saturated fat, and thus leading to better options to reduce the risk of non-communicable diseases. 含糖饮料是导致糖尿病的主要因素之一。这就是新加坡政府推出 Nutri-Grade ABCD 的原因。该评分系统使消费者能够识别哪些饮料的糖和饱和脂肪含量较低, 从而提供更好的选择来降低慢性疾病的风险。

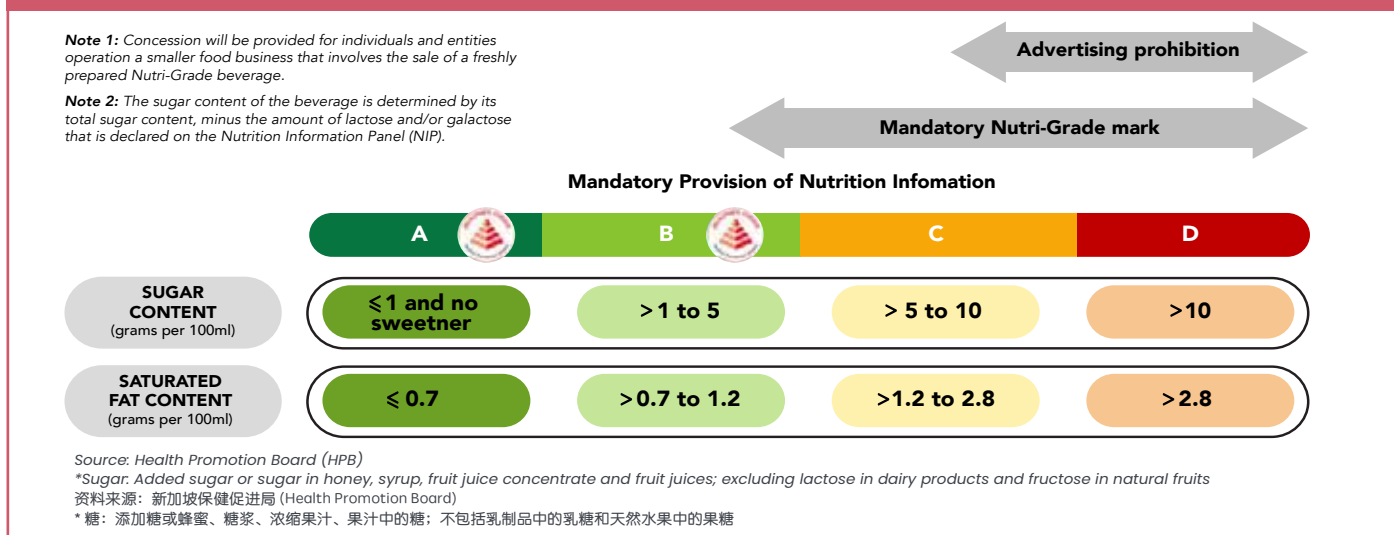
#### Nutri-Grade beverages include:

- Ready-to-consume pre-packaged beverages
- Powders or concentrated pre-packaged beverages
- Non-customisable beverages dispensed from automated beverage dispensers
- Freshly prepared beverages or customisable beverages that are prepared at the premise where they are sold
- Customisable beverages dispensed from automated beverage dispensers

#### Nutri-Grade饮料包括:

- 即食预包装饮料
- 粉末或浓缩预包装饮料
- 从自动饮料分配器分配的非定制饮料
- 新鲜配制的饮料或在销售场所配制的定制饮料
- 从自动饮料分配器分配的可定制饮料

#### The grading system is as below 评分系统如下:



To obtain Grade A or B (eligible for Healthier Choice Symbol), a beverage must meet the criteria for both sugar and saturated fat content. Even if the beverage does not contain any sugar (0% sugar), it may still contain a high level of saturated fats content, resulting in Grade B or C.

要获得 A 级或 B 级 (符合健康选择符号的资格), 饮料必须满足糖和饱和脂肪含量的标准。即使饮料不含任何糖 (0%糖), 其饱和脂肪含量仍可能较高, 导致饮料评分为B级或C级。

Please refer to the examples below to understand how the grading system works. 请参考下面的例子以了解评分系统如何运作。

<b>Product A</b>	Sugar content = 7 g/100 ml (Grade C) Saturated fat content = 0.5 g/100 ml (Grade A) <b>Nutri-Grade = Grade C</b>
<b>Product B</b>	Sugar content = 0 g/100 ml (Grade A) Saturated fat content = 0 g/100 ml (Grade A) <b>Nutri-Grade = Grade A</b>
<b>Product C</b> (with sweetener)	Sugar content = 0 g/100 ml (Grade B) Saturated fat content = 0.5 g/100 ml (Grade A) <b>Nutri-Grade = Grade B</b>

<b>产品 A</b>	含糖量 = 7 g/100 ml (C级) 饱和脂肪含量 = 0.5 g/100 ml (A级) <b>Nutri-Grade = C级</b>
<b>产品 B</b>	含糖量 = 0 g/100 ml (A级) 饱和脂肪含量 = 0 g/100 ml (A级) <b>Nutri-Grade = A级</b>
<b>产品 C</b> (含有甜味剂)	含糖量 = 0 g/100 ml (B级) 饱和脂肪含量 = 0.5 g/100 ml (A级) <b>Nutri-Grade = B级</b>

In general, we recommend consumers to prioritise those beverages with Nutri-Grade A or B (or with Healthier Choice Symbol) and incorporate these beverages into daily life. It is best to enjoy unsweetened tea, coffee, no sugar-added fruit juice, unflavoured low-fat milk or skimmed milk, and unsweetened soy milk.

总的来说, 我们建议消费者优先购买Nutri-Grade A 或 B (或带有健康选择标志) 的饮料, 并将这些饮料融入日常生活中。最好的饮料选择不加糖的茶或咖啡、不加糖的果汁、无味的低脂牛奶或脱脂牛奶以及不加糖的豆浆。



# ANTIOXIDANT SMOOTHIE

## 抗氧化冰沙

Prep time : 10 minutes 预备时间 : 10分钟  
Serves : 2 Pax 份量 : 2 人份

### Ingredients

- ½ cup Grapes
- ½ cup Strawberries
- ½ cup Blackberries
- ½ cup Orange
- 1 cup Plain Yoghurt
- 1 cup Ice

### 食材

- ½ 杯葡萄
- ½ 杯草莓
- ½ 杯黑莓
- ½ 杯橙
- ½ 杯原味酸奶
- 一杯冰块



### Method 做法

1. Wash all the ingredients well.
2. Place all the fruits into a blender and blend until all the fruits are well mixed.
3. Add in the yoghurt and ice and blend until the mixture is smooth.

1. 将所有的水果清洗干净。
2. 将所有的水果倒入机器搅拌先。
3. 再加入酸奶和冰块继续搅拌。

### Fun fact!

Orange is a type of citrus fruit with high vitamin C content. Vitamin C helps boost the immune system, which could benefit cancer fighters during and after cancer treatment. It is a good source of antioxidants (carotenoids and flavonoids) and aids in iron absorption to reduce the risk of anemia.

The best way to enjoy orange is to eat the entire orange or have freshly squeezed orange juice with pulp. This maximises nutrients and fibre consumption. However, if you are unable to enjoy fresh orange, you may consider no sugar-added orange juice from the supermarket. Always go for Nutri-Grade A or B only (or with Healthier Choice Symbol) to reduce intake of added sugar, while keeping the daily maximum intake for juice to 250ml.

橙是一种柑橘类水果，以其高维生素C含量而闻名。而维生素C则因其增强免疫系统的功能闻名，这也对癌症治疗期间和治疗后有益。它是抗氧化剂（类胡萝卜素和类黄酮）的良好来源，也有助于铁的吸收以降低贫血的风险。

享用橙的最佳方式是吃掉整个橙，也可以选择保留果肉的鲜榨橙汁。这能帮助增加营养和纤维的摄入量。不过，如果你无法享用新鲜的橙，那么超市里出售的无糖橙汁将是另一种选择。请选择仅具有 Nutri-Grade A 或 B 级（或带有健康选择符号）的产品以降低添加糖的摄取，并且每日只摄取最多250毫升的果汁。

## VOLUNTEER WITH US

成为我们的义工



**ADMINISTRATION**  
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enquiry@365cps.org.sg for more details

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

# TESTIMONIES FROM OUR BENEFICIARIES

## 受益者的分享



I was diagnosed with stage 3 gastric cancer in May 2021 with a 20% survival rate. I then underwent a full gastrectomy in June and started 12 cycles of chemotherapy for the next six months. In the past, I did not pay much attention to my diet. Throughout my cancer fighting journey, I am grateful that 365CPS has helped me with my nutritional intake and I have hence learnt how to eat better. The care leaders also ensured my emotional wellbeing by calling me regularly to check in on me, since we could not meet due to the social distancing measures during the COVID-19 pandemic. The calls helped to calm me down when I felt anxious and worried about my condition.

2021年5月,我被诊断为胃癌第三期。医生说我的存活率为20%。随后,我在6月开始接受全胃切除术,并在接下来的六个月里开始接受12个周期的化疗。我一路以来不太注意饮食。在整个抗癌过程中,我很感谢365CPS在营养摄入方面给予我的帮助,让我学会了如何吃得更好。在新冠疫情期间,由于采取了社会隔离措施,我们无法见面,因此护理组长还定期给我打电话问候我的情况,从而确保了我的情绪健康。当我为自己的病情感到焦虑和担心时,这些电话有助于让我平静下来。

Fenella Yam Teo Lan,  
Gastric Cancer Survivor  
叶秀兰,胃癌抗癌勇士



In 2018, I successfully recovered from lymphoma. However, in 2022, I went for a colonoscopy and cancerous tumours were found in my large intestines. After undergoing surgery, I lost a lot of weight and most of my strength. I could not even stand up on my own. I was in the hospital for three weeks and it took time to be nursed back to health.

2018年时,我被诊断出患有淋巴瘤,但成功康复。2022年时,我去做结肠镜检查,医生在我的大肠中找到了癌肿瘤。接受手术后,我的体重下降了很多,体力也大不如前。我甚至无法自己站起来。我在医院住了三周,经过一段时间的护理才恢复健康。

I would like to thank my family for being my pillar of support during this difficult time in my life. Everyone played a part in my recovery period, especially my wife, children, as well as my daughter-in-law and son in-law.

我要感谢我的家人,在我人生的这段艰难时期,他们是我的支柱。在我康复期间,每个人都发挥了作用,尤其是我的妻子、孩子以及我的儿媳和女婿。

I was introduced to 365CPS by my neighbor Ricky who is an active member at Ang Mo Kio Social Service Centre. From then on, 365CPS started to play a more important role in my recovery journey. One of the care leaders would always show care and concern over the phone and even arranged meet-ups with me. I always feel better after sharing my troubles with him. Some of the pleasant memories I have include being invited to Ang Mo Kio Social Service Center to celebrate my birthday with the rest of the survivors. I also receive quarterly newsletters that contain testimonies from fellow cancer survivors, which inspired me to step forward to share my story. I hope that I am able to encourage cancer survivors who are reading this!

我的邻居 Ricky 向我介绍了 365CPS,我意识到他是宏茂桥社会服务中心非常活跃的会员。从那时起,365CPS 开始在我的康复历程中扮演更重要的角色。其中一位护理组长总是在电话中对我表示关心和照顾,甚至安排与我见面。每次和他分享我的烦恼后,我都会感觉好多了。我的一些愉快回忆包括被邀请到宏茂桥社会服务中心与其他幸存者一起庆祝生日。我还会收到一些季度通讯,里面有抗癌勇士的见证,这些故事激励着我站出来分享我的故事。我希望我能鼓励正在阅读这篇文章的癌症幸存者!

Chang Hoe Sang,  
Lymphoma and Colon Cancer Survivor  
曾浩生,淋巴瘤和结肠癌抗癌勇士

# UPCOMING EVENTS 近期活动

\*FOR CLIENTS 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, Art, Clay Art, Balloon Twister Art  
**Tue :** Art Class, Ukulele Basic, Vocal Class, Karaoke Session  
**Wed :** Creative Pencil Art, 365 Lymphatic Detox Exercise  
**Thu :** Chinese Painting, Line Dance, Bag Weaving  
**Fri :** Finger Painting Class, Fall Prevention Workout, Zentangle Art

**星期一:** 尊巴, 黏土艺术, 气球艺术课程  
**星期二:** 绘画班, 乌克兰班(基础), 声乐课, 卡拉OK  
**星期三:** 彩色笔艺术课程, 365淋巴排毒操  
**星期四:** 水墨画, 排舞, 包包编制课程  
**星期五:** 指画班, 预防跌倒运动, 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 :** Aerobics, Ukulele Class (Basic Level), Vocal Class, Karaoke Session  
**Wed :** Finger Painting Class  
**Thu :** Zumba Gold, Clay Art, Zentangle 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:** 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, 禅绕画  
**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 :** Clay Arts, Art Class, Games Day  
**Tue :** Zumba Gold, Line Dance, Nagomi Pastel Art  
**Wed :** 365 Lymphatic Detox Exercise  
**Thu :** Chinese Painting, Release & Stretch Exercise, Zentangle Art  
**Fri :** Fall Prevention Workout, Ukulele Basic, Vocal Class, Karaoke

**星期一:** 黏土艺术, 绘画课, 游戏日  
**星期二:** 尊巴, 排舞操, 和谐粉彩画  
**星期三:** 365淋巴排毒操  
**星期四:** 中国书法及水墨画, 伸展运动, 禅绕画  
**星期五:** 预防跌倒运动, 乌克兰班(基础), 声乐课, 卡拉OK

**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	
<b>106 Simei St 1</b> S520106 (Street Soccer Court) Mon & Wed, 7.15am	<b>257 Tampines St 21</b> S520257 Mon to Wed & Fri, 7.20am Wed, 8.15am	<b>106 Gangsa Road</b> S670106 Tue, 8pm	<b>Sports @ Buona Vista</b> 115A Commonwealth Dr, S149596 Tue & Fri, 7am
<b>149 Simei St 1</b> S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am	<b>Bedok Reservoir Park</b> 760 Bedok Reservoir Rd, S479245 (Near to Car Park A) Mon to Fri, 7.50am	<b>Bukit Gombak Stadium</b> 800 Bukit Batok West Ave 5, S659081 Mon to Sat, 7am	<b>Singapore Botanic Garden, Eco-Garden</b> 469C Bukit Timah Rd, S259772 Mon, 7.45am
CENTRAL		NORTH	
<b>Braddell House</b> 1 Lor 2 Toa Payoh, #05-04, S319637 (Formerly from TPPC) Thu, 10am	<b>407 Yishun Ave 6</b> S760407 Mon to Fri, 6.30am	<b>112 Rivervale Drive</b> S540112 Mon to Fri, 6.30am	<b>Glad Tidings Church</b> 1 Valley Road, S534449 Tue, 10am
<b>NTUC Health Active Ageing Centre</b> 41 Telok Blangah Rise, S090041 Wed, 9.30am	<b>Ang Mo Kio Town Garden West</b> 126 Ang Mo Kio Ave 3, S560126 Tue to Sat, 7am	<b>238 Hougang Ave 1</b> S530238 (Open Court) Mon, Thu, Sat, 7.15am	<b>St Paul's Church</b> 843 Upper Serangoon Road, S534683 Sat, 10.30am
<b>Renewal Christian Church</b> 88 Saint Francis Road, S328070 Thu, 8am	<b>VIRTUAL</b> <b>Zoom</b> Wed, 8.15pm	<b>246 Hougang Ave 3</b> 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“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 Dr Francis Chin	副会长	: 洪汇权先生 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	: 陈錫偉先生
Member	: Ms Terri Chen Mr Tan Soo Kee Mr Joshua Siow	委员	: 陈慧敏女士 陈树基先生 萧子强先生

### Management Staff 管理层

Chief Executive Officer	: Mr Ben Chua	执行长	: 蔡德森先生
Assistant Director, Corporate Services	: Ms Arlinda Chen	企业服务部门副总监	: 陈美珍女士
Assistant Director, Fundraising		筹款、宣传与义工	
Marketing, & Volunteer Management	: Mr Andrew Soh	管理部门副总监	: 苏玮文先生
HOD, Clinical Services, Research & Resource Centre		临床服务、研究与资源中心部门主管	: 翁国华先生
HOD, Psychosocial Services	: Mr Andrew Ong Mr Terence Liam	社会心理服务部门主管	: 粘永顺先生

### 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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