

NEWSLETTER



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Healthy Grocery Shopping Workshop

健康购物工作坊

On 24 April 2025, our in-house nutrition and dietetics team conducted a Healthy Grocery Shopping workshop, a programme designed to empower participants with smart food choices. The workshop began with a classroom session where attendees learn to identify foods that meet the “3 lows” (low in salt, sugar, and fat) and “2 highs” (high in fibre and calcium) criteria. Participants were also taught how to read nutritional information panels, enabling informed decisions.

The learning then shifts to a practical, hands-on session at the NTUC FairPrice supermarket. The participants actively compared the nutritional panels of various food items, then selected ingredients for a healthy meal, explained their choices to the group, and concluded by purchasing their chosen items using provided NTUC vouchers.

2025年4月24日，我们的营养与饮食治疗团队举办了一项“健康购物工作坊”。这项活动旨在帮助参与者学会明智的食物选择。工作坊从课堂教学开始，会员们学习如何识别符合“三低”（低盐、低糖、低脂肪）和“两高”（高纤维、高钙）标准的食物。此外，他们还学会了阅读营养信息，以便做出较健康的饮食选择。

随后，学习环节转移到职总平价超市，会员们积极比较各种食品的营养信息，然后挑选健康餐点食材。他们向小组解释自己的选择理由，然后使用职总平价购物礼券购买所选的商品。



A Day at the Singapore Air Force Museum

新加坡空军博物馆一日游

Our clients experienced a fun and unique day out at the Singapore Air Force Museum on 30 April 2025, where they got to explore the Republic of Singapore Air Force's (RSAF) history and mission through a series of interactive displays and games. The museum featured exhibits of past air force uniforms and artefacts, offering a glimpse into the stories across generations. There were opportunities for our clients to get up close with various aircraft and their intricate systems, allowing them to uncover the stories behind the development and evolution of the RSAF.

2025年4月30日，我们的会员们在新加坡空军博物馆度过了愉快而独特的一天。他们通过一系列互动式展览和游戏，深入了解新加坡空军的历史与使命。馆内展出了过去的空军制服和文物，让大家得以一窥跨越世代的英勇故事。会员们还有机会近距离接触各式飞机及其系统，从而揭开了新加坡空军发展与演变的故事。

Cooking Demonstration: Enoki Pancake

烹饪示范: 金针菇煎饼



On 14 May 2025, Joanna, our Assistant Nutritionist, conducted a cooking demonstration at our Bukit Panjang Social Service Centre (SSC). She shared the recipe and nutritional benefits of an enoki pancake, a healthier take on the Korean kimchi pancake. If you are a cancer fighter or know someone who is, we invite you to join us at the SSC for our next cooking demonstration! You can also scan the QR code to access all our healthy recipes for your next meal.

2025年5月14日，我们的助理营养师Joanna在武吉班让社区服务中心举办了一场烹饪示范，亲授金针菇煎饼的制作方法和营养知识。这款煎饼是美味韩式泡菜饼的健康改良版。如果您是抗癌勇士，或认识正在抗癌的朋友，我们邀请您前来我们的社区服务中心参加我们下一次的烹饪示范！您也可以扫描二维码查看我们的健康食谱，为您的下一餐增添新风味！



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

First Malay Support Group

首个马来支援小组



On 31 May 2025, 365CPS hosted our very first Malay support group. A key part of the session was an insightful sharing session, where participants openly discussed challenges, they have encountered and identified gaps in the support for cancer fighters. To add a fun, engaging element, clients played "Guess the Kuih," a blindfolded tasting game. The event concluded with a valuable health talk delivered by our in-house dietitian.

2025年5月31日，365防癌教育协会成功举办了首次马来支援小组聚会。本次聚会的亮点是成员分享环节，会员们坦诚交流了他们在社区中所面临的挑战，并共同探讨了癌症病患支援服务中可改进的领域。为增添乐趣，我们还组织了“猜糕点”蒙眼品尝游戏。活动最终在我们的营养师带来的一场内容丰富的健康讲座中圆满结束。

365CPS Human Stories

365CPS人文故事

Q: What does a typical day look like for you as a dietitian at 365CPS, and what are your primary responsibilities?

A: My primary role is to provide one-on-one dietary consultations to our clients. My typical workday involves contacting clients to follow up on their health conditions and schedule appointments, followed by conducting individual consultations for the remainder of the day. I also deliver nutrition talks and workshops for both our clients and the general public and write nutrition-related articles for various platforms, including newsletters, blog posts, and other publications.

Q: What are some of the most rewarding aspects of guiding clients toward better nutritional health?

A: The most rewarding moments are truly seeing clients benefit from our consultation sessions. Hearing them share their progress and the specific steps they have taken to improve their diet genuinely makes me happy and fulfilled. Modifying and improving one's lifestyle, especially eating habits, is a challenging journey. That's why I am grateful to walk the journey with our clients. Every time I see improvements in their diet and medical conditions, I feel proud of them—it is proof of their dedication to their health.

Q: Can you share a memorable experience with a client or a moment from your work that deeply impacted your perspective as a dietitian?

A: Working as a dietitian has shown me that my role goes beyond just sharing nutritional facts; it's about listening to and understanding each client's unique needs. I'm honoured when clients trust me

with their personal stories, which has taught me that effective dietary consultation requires individualised understanding before applying textbook knowledge.

While we may be familiar with nutritional theories, applying them in real life is complex because eating is also about enjoyment and social connection. I have learned that there is no one-size-fits-all perfect diet, especially for cancer survivors who often face overwhelming food myths, leading to overly restrictive eating and a loss of joy. This experience has reinforced my core message: the goal isn't a strict "perfect" diet, but rather to help clients discover a sustainable, healthy way of eating that supports their well-being while still allowing them to enjoy life.

问: 身为365防癌教育协会的饮食治疗师，您的日常工作及主要职责有哪些？

答: 我的主要职责是为我们的会员提供一对一的膳食咨询。我日常的工作包括联系会员，跟进他们的健康状况并安排预约，之后的一天大部分时间都在进行个人咨询。此外，我还为我们的会员和公众提供营养讲座和工作坊，并为各种平台（包括季刊、博客文章和其他出版物）撰写营养相关的文章。

问: 引导会员改善营养健康，对您而言，最有成就感的方面是什么？

答: 最有成就感的时刻，莫过于看到会员从我们的咨询中受益。听到他们分享

自己的进步，以及为改善饮食所采取的具体措施，都让我感到快乐和满足。改变和改善生活方式，尤其是饮食习惯，并非易事。正因如此，我非常感恩能与会员们一同走过这段旅程。每当看到他们的饮食和健康状况有所改善时，我都会为他们感到无比骄傲——这正是他们致力于健康的最好证明。

问: 有没有哪次与会员的难忘经历，或者某个工作中的瞬间，深刻地影响了您作为饮食治疗师的看法？

答: 作为饮食治疗师，我发现自己的角色不仅仅是分享营养知识；它更是关于倾听并理解每位会员的独特需求。当会员信任我，向我敞开心扉分享他们的个人故事时，我深感荣幸。这让我明白，有效的膳食咨询需要在运用书本知识之前，先建立起对每位会员的个性化理解。

尽管我们可能熟悉各种营养理论，但将其应用于现实生活是复杂的，因为饮食不仅关乎营养，社交，也是人生的一种享受。我了解到，没有一种“完美”的饮食模式是万能的，特别是对于癌症幸存者而言。他们常面临种种饮食误区，这导致他们采取过度限制性的饮食，从而失去了进食的乐趣。这些经历强化了我的核心理念：目标并非追求严格的“完美”饮食，而是要帮助会员找到一种可持续、健康的饮食方式，既能支持他们的健康，又能让他们乐享生活。

Ng Jing Wen
Dietitian, 365 Cancer Prevention Society
饮食治疗师, 365 防癌教育协会



365CPS Human Stories

365CPS人文故事

Q: When did you join 365CPS as a client?

A: I joined 365CPS in 2017, but it wasn't until a branch opened in Clementi—an event I learned about through their newsletter mailouts—that I began actively participating. I'm now happily and actively maximising my time in their diverse activities.

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

A: When I discovered a lump, I immediately had it checked. The doctor did not explicitly tell me it was "the Big C", but advised me to get a mammogram and an ultrasound. It wasn't until after the biopsy that I received the diagnosis. During that period of anguish and uncertainty, I was consumed by worry and "what if".

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

A: Never give up. Life is a continuous journey, and this phase of life offers a valuable learning curve to reflect, relearn, and reconnect our body, mind and spirit in a balanced and holistic living.

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

A: Dear young self, if I had the chance to rewind my life, I would prioritise a work-life balance and not overwork at multiple jobs. I'd listen to my body and mind and rest when I need to. I'd also not get overwhelmed by others' comments, words, or actions and live my best life. My health is solely my responsibility, and no one else can look after it for me. I would cherish each day as a blessing, being grateful to wake up and smell and feel the breeze, see the sunshine and enjoy the company of understanding friends and relatives. I would love life and live it to the fullest, and I am grateful to God for journeying with me throughout the last 15 years as a cancer survivor and into the future.

问: 您什么时候加入成为我们的会员?

答: 我于2017年加入了365CPS, 但直到后来通过他们的邮件订阅才得知金文泰开了一家社区服务中心, 我才开始积极参与他们的活动。现在我很高兴, 并正积极地充分利用时间参与他们多样化的活动。

问: 当您初次被诊断时, 有何感受?

答: 当我发现肿块时, 我立刻去做了检查。医生没有明确告诉我那是癌症, 只是建议我去做乳房X光检查和超声波。直到活检之后, 我才被确诊。在那段痛苦和不确定的日子里, 我被担忧和各种“万一”想法完全吞噬了。

问: 您有什么鼓励的话想对其他抗癌勇士们说的吗?

答: 永不放弃。生命是一段旅程, 而人生的这个阶段提供了一个宝贵的学习机会, 让我们得以反思、重新学习并重新与身心灵连接, 从而实现平衡而全面的生活。

问: 综合您所有的经历, 有什么话是您想对年轻时的自己说的?

答: 亲爱的年轻的自己, 如果我有机会让时光倒流, 我会优先考虑工作与生活的平衡, 不会让自己度劳累于多份工作。我会倾听自己的身心, 在需要时充分休息。我也会不再被他人的评论、言语或行为所困扰, 而是活出最好的自己。我的健康完全是我自己的责任, 没有人能替我照管。我会珍惜每一个被赐予的日子, 感恩能醒来闻到清新的空气, 感受微风, 看到阳光, 并享受与体贴的朋友和亲人相伴的时光。我将热爱生命, 尽情地活出每一刻。我感恩上帝在过去15年的抗癌旅程中以及未来的日子里, 都与我同行。



Linda
Breast Cancer Survivor
乳癌抗癌勇士

What To Expect at Your First Chemotherapy Session

首次化疗时会遇到的情况

The thought of starting chemotherapy can feel daunting, especially for first-time patients. Knowing what intravenous (IV) chemotherapy is, how it works and what to expect can make the process more manageable. IV chemotherapy delivers cancer-fighting drugs directly into the bloodstream through a vein, targeting cancer cells throughout the body. However, because it also affects healthy cells that divide rapidly, side effects can occur.

Doctors tailor chemotherapy regimens to each patient, using specific drug combinations and dosing schedules to maximise effectiveness while minimising side effects. Chemotherapy is one of the most effective cancer treatments. Close monitoring and proactive side-effect management can smoothen the process.

Preparing For Your Session

Being well-prepared can help reduce anxiety and make treatment days more manageable. Speaking with your doctor beforehand is key to understanding the process and preparing for any side effects. Planning for logistics and daily

对于首次接受化疗的患者而言，整个过程往往令人感到不安或焦虑。若能提前了解静脉（IV）化疗的原理、过程及可能的反应，将更有助于从容应对治疗。静脉内化疗通过静脉将抗癌药物直接递送至血液中，以靶向全身的癌细胞。然而，由于其也可影响快速分裂的健康细胞，因此会出现副作用。

医生为每位患者量身定制化疗方案，使用特定的药物组合和给药方案，以最大程度提高疗效，并尽量减少副作用。化疗是最有效的癌症治疗方法之一。密切监测和及时管理副作用，有助于让整个治疗过程更顺利。

为化疗做好准备

做好充分准备有助于减轻焦虑情绪，也可使治疗日更易应对。与医生的事前沟通是了解治疗流程并做好副作用应对准备的关键。提前规划好各项事务安排和日常职责也会很有帮助，这样可以避免在治疗期间让自己过于劳累。

安排好往返治疗场所的交通会很有帮助，因为治疗结束后您可能会感到疲劳。预留

responsibilities can also be useful to avoid overtaxing yourself during treatment.

Arranging transportation to and from sessions can help, as you may feel fatigued afterwards. Clearing your schedule for rest aids recovery. If you need help at home, seek support from family or friends. If you are working, consider speaking to your employer about adjusting your schedule. Having nutritious, easy-to-prepare foods on hand will help you maintain a balanced diet throughout treatment. On treatment day, wear comfortable clothing and eat a light meal before your session.

What To Bring

Chemotherapy sessions can last from minutes to several hours, depending on the treatment. Bringing a few essentials can help you stay comfortable. A light jacket can keep you warm, as treatment centres can be a little cold due to air conditioning. A small neck pillow or blanket may also make long sessions more comfortable.

Staying hydrated is important, so bring water or other non-caffeinated drinks too,

充足休息时间促进康复。若在家中需要协助，不妨寻求家人或朋友的帮助。如果您还在工作，考虑和您的主管谈谈调整一下您的工作安排。备好营养丰富、便于烹制的食物有助于确保您在治疗期间饮食均衡。在治疗当天，穿上舒适的衣服，并在治疗前吃一顿轻便的餐食。

携带物品

化疗可持续数分钟至数小时不等，具体取决于治疗方案。携带一些贴身必需品，有助于提高舒适感。建议携带一件薄外套可以让您保持温暖，因为治疗中心可能会因空调而有点冷。一个小颈枕或一条毯子也可能让您长时间的治疗过程更加舒适。

保持水分摄入很重要，建议携带水或不含咖啡因的饮品，以及一些健康的零食。如果您想打发时间，可以考虑带上耳机或耳麦、一本书或杂志，如果您喜欢写作或绘画的话，甚至可以带上一个日记本或素描本。

治疗期间发生的情况

每位患者的化疗经历各不相同，但大多数疗程都遵循相似的流程。到达后，您需要登

along with some healthy snacks. If you want to pass the time, consider bringing earphones or headphones, a book or magazine, or even a journal or sketchbook if you enjoy writing or drawing.

What Happens During a Session

Each patient's chemotherapy experience varies, but most sessions follow a similar routine. Upon arrival, you will check in, and your vital signs — blood pressure, pulse and temperature — will be recorded. If you do not have a catheter or port, an IV line will be inserted. Before treatment, your name, medication and dosage will be double-checked for accuracy.

Chemotherapy drugs will then be delivered through the IV, port or catheter. Infusion times vary, with some sessions lasting minutes and others taking hours. Once the treatment is complete, your vital signs will be checked again before you leave.

For more information on managing common side effects and the recovery after treatment, scan the QR code to access the full article!

记报到，医护人员会记录您的生命体征，包括血压、脉搏和体温。如果您没有留置导管或输液港，医护人员会为您插入静脉输液管。治疗前，会再次核对您的姓名、所使用的药物以及药物剂量，以确保准确无误。

然后通过静脉输液管（IV）、输液港或留置导管递送化疗药物。输注时间各不相同，有些疗程只需几分钟，而有些则可能需要几个小时。治疗结束后，医护人员会在您离开前再次检查您的生命体征。

想了解更多关于管理常见副作用及治疗后康复的信息？请扫描二维码阅读全文！



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This article is contributed by Dr Chin Tan Min (Senior Consultant, Medical Oncology) from Parkway Cancer Centre (PCC). Original article reproduced with permission from PCC.

Radiation Therapy for Prostate Cancer: Its Side Effects and How Diet Can Help

前列腺癌放射治疗：副作用与饮食管理

Radiation therapy is applied in various ways for prostate cancer. However, like many treatments, it can lead to side effects. These may include bowel problems such as diarrhoea, flatulence, rectal pain, or a burning sensation, as well as urinary problems like urinary cystitis and urinary incontinence. Patients might also experience tiredness and weakness, lymphedema (swelling caused by lymph fluid buildup), and difficulties with erections.

While these side effects can occur, it's important to note that many effective strategies, including dietary adjustments, can help manage or ease them. We'll now delve into how specific dietary choices can support side effect management.

前列腺癌的放射治疗方式多种多样。然而，与许多疗法一样，它可能引起副作用。这些副作用可能包括肠道问题，例如腹泻、胀气、直肠疼痛或灼热感；以及泌尿问题，如膀胱炎和尿失禁。患者也可能感到疲劳和虚弱、出现淋巴水肿（由淋巴液积聚引起的肿胀）以及勃起功能障碍。

尽管放射治疗可能会引起这些副作用，但有许多有效的策略可以帮助管理或缓解副作用，其中就包括饮食调整。让我们来深入探讨特定的饮食选择如何帮助管理副作用。



Diarrhea
腹泻

To help manage diarrhoea as a side effect from treatment, it is recommended to increase your intake of soluble fibre, which helps to solidify stool. At the same time, consider limiting foods rich in insoluble fibre.

Increase soluble fibre intake with food such as oats, bananas, white bread, rice, pasta, skinless fruits, plums, peaches, carrots, skinless potatoes, chickpeas, peas and beans.

Limit insoluble fibre intake by reducing the consumption of food such as wholegrain bread, wheat bran, brown rice, nuts, citrus fruits, berries, spinach, cabbage and potatoes (with skin).

为了帮助管理治疗期间可能出现的腹泻副作用，建议增加可溶性纤维的摄入量，因为这有助于使粪便成形。同时，请考虑限制富含不可溶纤维的食物。

您可以从燕麦、香蕉、白面包、米饭、意大利面、去皮水果、李子、桃子、胡萝卜、去皮土豆、鹰嘴豆、豌豆和豆类等食品中增加可溶性纤维的摄入。

而为了限制不可溶纤维的摄入，则应减少食用全麦面包、小麦麸、糙米、坚果、柑橘类水果、浆果、菠菜、包菜和带皮土豆等食物。



Tiredness and Weakness
疲劳和虚弱感

It is very common to experience tiredness and weakness following radiation therapy. This reduced energy can lead to a poor appetite, which in turn might decrease your overall intake of nutrients, potentially exacerbating symptoms due to insufficient energy and nutrients. To support your recovery and rebuild stamina for daily activities, consuming adequate energy and nutrients is crucial. While all foods offer energy, those rich in protein are particularly important for bolstering your immune system and maintaining muscle mass.

Protein-rich food sources include animal proteins such as fish, meat, chicken, seafood, and eggs. Dairy products like low-fat milk, unsweetened yoghurt, and low-fat cheese also provide protein. For plant-based options, consider tofu, soy milk, tempeh, beans, dhal, nuts, and seeds.

放射治疗后，感到疲劳和虚弱是非常普遍的现象。这种能量的降低可能导致食欲不振，进而减少您对营养物质的整体摄入，由于能量和营养不足，这可能会加剧症状。为了确保您的康复并重建日常活动的体力，摄取足够的能量和营养至关重要。虽然所有食物都能提供能量，但富含蛋白质的食物对于增强免疫系统和维持肌肉量尤为重要。

富含蛋白质的食物来源包括：动物蛋白，如鱼、肉、鸡肉、海鲜和鸡蛋；乳制品，如低脂牛奶、无糖酸奶和低脂奶酪；以及植物蛋白，您可以选择豆腐、豆浆、天贝、豆类、扁豆、坚果和各类种子。



Urinary Problem
泌尿问题

In addition to medical treatments, adopting certain lifestyle changes can significantly alleviate urinary symptoms such as bladder irritation, increased frequency, sudden urges to urinate (urinary urgency), and urine leakage. To manage these urinary issues, it is advised to drink plenty of fluids (at least 8 glasses of water daily) to help prevent bladder irritation and infection. Furthermore, limiting caffeine and fizzy drinks, and avoiding or reducing alcohol intake can also be beneficial.

除了治疗以外，采纳某些生活方式的改变也能显著缓解泌尿系统症状，例如膀胱刺激、尿频、尿急以及尿失禁。以便管理这些泌尿问题，建议您饮用充足的液体（每天至少8杯水），这有助于预防膀胱刺激和感染。此外，限制咖啡因和碳酸饮料的摄入，以及避免或减少酒精饮用量，也同样有益。



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

Baked Yoghurt Macchalee 酸奶风味烤鱼

Preparation Time: 15 min

Bake Time: 15 - 20 min

Serving Size: 4 pax

准备时间: 15分钟

烹饪时间: 15至20分钟

份量: 4人份



Ingredients 食材

- 400g of fish
- 4 tbsp of plain yoghurt

Optional Garnish:

- Red chilli, shredded
- Purple onion, shredded
- Cilantro, chopped
- 1/8 wedge of lime

Seasoning:

- 6 cloves of garlic, minced
- 2 inches of ginger, minced
- 2 tbsp of cilantro, chopped
- 1 tbsp of ground coriander seeds
- 1/2 tbsp of cayenne pepper
- 1/4 tsp of turmeric powder
- 1 tsp of cumin powder
- 1/2 tsp of salt

- 400克鱼
- 4汤匙原味低脂酸奶

配菜点缀:

- 红辣椒, 切丝
- 紫洋葱, 切丝
- 香菜, 切碎
- 1/8粒酸柑

调味料:

- 6瓣蒜末
- 2寸姜末
- 2汤匙 香菜, 切碎

- 1汤匙芫荽籽末
- 1/2汤匙红辣椒粉
- 1/4茶匙姜黄粉
- 1茶匙小茴香粉
- 1/2茶匙盐



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

Method 做法

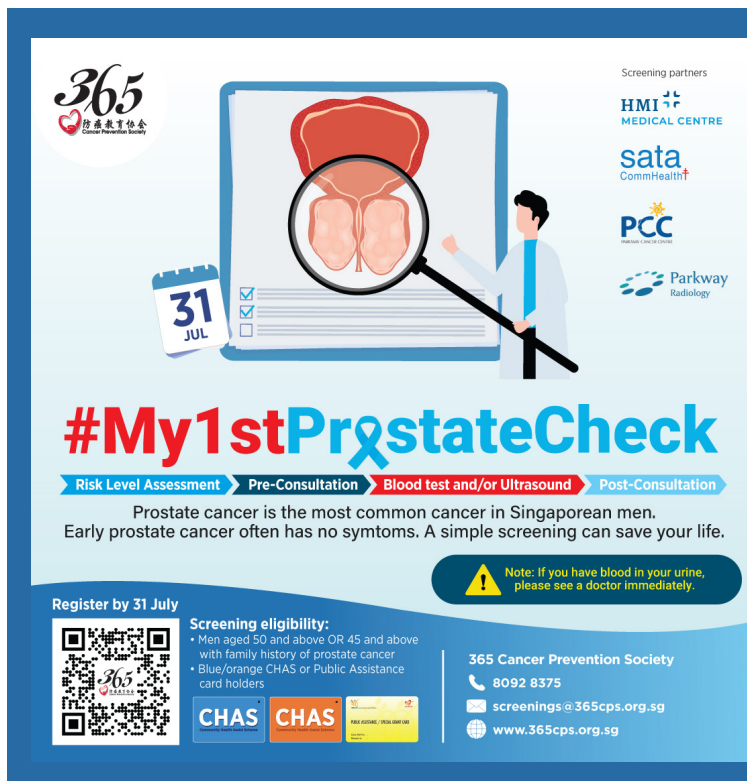
1. Mix the yoghurt and all the seasoning in a zipper bag until well combined. Add in the fish and toss until evenly coated with the marinade. Marinate in the refrigerator for at least 1-2 hours or marinate overnight for best results.
2. Preheat oven to 200°C. Line a baking tray with baking paper. Remove fish from the marinade, shake off and discard the excess marinade.
3. Place fish onto the baking tray and bake for 15-20 minutes or until fish flakes easily with a fork. Garnish and serve.

1. 将酸奶和所有调味料放入拉链袋中充分混合。加入鱼片摇晃，直到鱼肉均匀裹上腌料为止。在冰箱中腌制至少1-2小时，腌制一晚更入味。
2. 将烤箱预热至200°C。将烘焙纸铺在烤盘底部。从腌料中取出鱼片，甩去多余腌料。
3. 将鱼放在烤盘上，烘烤15至20分钟，或直到鱼肉可轻易用叉子剥开。添加配菜点缀配料，上桌享用。

#My1stProstateCheck

Prostate Cancer Screening Campaign

#我的首次前列腺检查 – 前列腺癌筛查活动



365 防癌教育协会

Screening partners:

- HMI MEDICAL CENTRE
- sata CommHealth
- PCC
- Parkway Radiology

#My1stProstateCheck

Risk Level Assessment → Pre-Consultation → Blood test and/or Ultrasound → Post-Consultation

Prostate cancer is the most common cancer in Singaporean men. Early prostate cancer often has no symptoms. A simple screening can save your life.

Register by 31 July

Screening eligibility:

- Men aged 50 and above OR 45 and above with family history of prostate cancer
- Blue/orange CHAS or Public Assistance card holders

365 Cancer Prevention Society

8092 8375
screenings@365cps.org.sg
www.365cps.org.sg

Note: If you have blood in your urine, please see a doctor immediately.

Early detection is key to fighting prostate cancer, the most common cancer among Singaporean men. That's why 365CPS launched our #My1stProstateCheck Prostate Cancer Screening Campaign on 1 June 2025. This campaign is designed to identify the cancer before symptoms appear, significantly improving treatment outcomes and survival rates. If you are a man aged 50 or above, or aged 45 and above with a first-degree family history of prostate cancer and possess a valid blue or orange CHAS card or Public Assistance card, don't delay – scan the QR code and register for your free prostate cancer screening today!

及早发现是对抗前列腺癌的关键，前列腺癌是新加坡男性中最常见的癌症。因此，365防癌教育协会于2025年6月1日推出了#我的首次前列腺检查 - 前列腺癌筛查活动。该项目旨在症状出现之前及早发现癌症，从而显著提高治疗效果和生存率。如果您是50岁及以上的男性，或是45岁及以上且有前列腺癌一级家族史，并持有有效的蓝色或橙色社保援助计划卡或公共援助卡，请不要犹豫——立即扫描二维码，注册免费前列腺癌筛查！

Multi-Cancer Screening Campaign

多癌种筛查活动



Multi-Cancer Screening

Family First, Health Always

This National Cancer Survivors Day, give your family the best gift: early detection.

Cancer can be silent – but early detection gives a fighting chance. Inspire and protect those you love. Encourage your family members to go for a multi-cancer screening.

Be a voice for prevention.

Register by 31 July

Screening eligibility:

- Exclusively for 365CPS clients or their immediate family members
- 1 screening redemption per 365CPS client

Scan to learn more

Supported by:

- GENE SOLUTIONS
- Bethesda MEDICAL

This National Cancer Survivors Day, we invite our resilient cancer survivors to become advocates for early cancer screening. As a special initiative for 365CPS clients and their immediate families, we are offering a free Multi-Cancer screening. This is a blood test that can potentially detect early cancerous signals for up to 10 different types of cancers. Don't miss this chance to take proactive steps for your health – scan the QR code to register before 31 July 2025!

值此全国癌症幸存者日，我们邀请癌症幸存者们一起来成为癌症早期筛查的倡导者。这是一项专为365防癌教育协会会员及其直系家属所推出的特别计划，我们将提供免费的多癌种筛查。这是一项血液检测，能早期检测出多达10种不同癌症。请勿错过机会，为您的健康采取积极行动——立即扫描二维码，在2025年7月31日前注册！

SOCIAL SERVICE CENTRE ACTIVITIES 社区服务中心活动

FOR CLIENTS ONLY 只限会员

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

Mon : Stretch and Release Class, Zumba Gold, Clay Art, Conversational Japanese Class
Tue : Art Class, Ukulele (Basic), Vocal Class, Karaoke/Games
Wed : Zumba Toning, 365 Rhythmic Stretching Exercise,
Thu : Chinese Painting, 365 Rhythmic Stretching Exercise, Ukelele (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, 日语会话班
星期二: 绘画班, 乌克兰丽(基础), 声乐课, 卡拉OK/游戏日
星期三: 有氧运动, 365拉筋伸展运动
星期四: 水墨画, 365拉筋伸展运动, 乌克兰丽(中级), 排舞, 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 : 365 Rhythmic Stretching Exercise, Crochet
Tue : Ukulele (Basic), Arobics, Ukulele (Intermediate), Vocal Training, Karaoke Session
Wed : Line Dance, Finger Painting
Thu : Zumba Gold Toning, Zumba Gold, Clay Art, Zentangle Art (Beginner)
Fri : Chinese Painting, Art Class, Golden Strength
星期一: 365拉筋伸展运动, 钩针课
星期二: 乌克兰丽(基础), 有氧运动, 乌克兰丽(中级), 声乐课, 卡拉OK
星期三: 排舞, 指画
星期四: 尊巴塑身, 尊巴, 黏土艺术, 缠绕画(初级)
星期五: 水墨画, 绘画班, 黄金力量

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, Line Dance, Balloon Sculpting, Crochet Class
Wed : Batik Painting, Golden Strength
Thu : Clay Art, Zumba Gold, Ukulele (Basic), Art Class (Advance)
Fri : Basic Conversational Japanese, Vocal Training, Chinese Painting, Nagomi Pastel Art

星期一: 绘画班(基础), 365拉筋伸展运动, 书法, 椅子伸展运动
星期二: 禅绕画, 排舞, 气球艺术, 钩针课
星期三: 蜡染绘画, 黄金力量
星期四: 黏土艺术, 尊巴, 乌克兰丽(基础), 绘画班(进阶)
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 : Conversational Japanese Class, 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 : Golden Strength, Ukulele (Intermediate), Vocal (Intermediate), 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: 日语会话班, 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, 禅绕画
星期五: 黄金力量, 乌克兰丽(中级), 声乐(中级), 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: 尊巴, 禅绕画(中级)
星期四: 日语会话班, 黄金力量, 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。



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

2025 MONTHLY EVENTS

每月活动

5th JUL	9.30 am - 12.00 pm Love Lunch at TMP SSC	2nd AUG	9.30 am - 12.00 pm Love Lunch at TMP SSC	6th SEP	9:30am – 12:00pm Love Lunch at TMP SSC
12th JUL	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook	16th AUG	9.30 am - 12.00 pm Love Lunch at AMK SSC 9.30 am - 12.00 pm Love Lunch at BKP SSC 8.30 pm - 9.30 pm 365Live on Facebook	13th SEP	9:30am – 12:00pm Love Lunch at AMK SSC 8.30 pm – 9.30pm 365Live on Facebook
19th JUL	9.30 am - 12.00 pm Love Lunch at BKP SSC 8.30 pm - 9.30 pm 365Live on Facebook	23rd AUG	9.30 am - 12.00 pm Love Lunch at CMT SSC	20th SEP	9:30am – 12:00pm Love Lunch at BKP SSC
26th JUL	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	30th AUG	8.30 pm - 9.30 pm 365Live on Facebook	27th SEP	9:30am – 12:00pm Love Lunch at CMT SSC 8.30 pm – 9.30pm 365Live on Facebook

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

365 拉筋伸展运动

RHYTHMIC STRETCHING EXERCISE

EAST

106 Simei St 1 S520106 (Street Soccer Court) Mon to Thu, 7.15am	257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8:15pm (Zoom)
149 Simei St 1 S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am	Bedok Reservoir Park 760 Bedok Reservoir Rd, S479245 (Beside Wawawa Bistro) Mon to Fri, 7.50am

CENTRAL

NTUC Health Active Ageing Centre 41 Telok Blangah Rise, S090041 Wed, 9.30am	Wan Min Community Services 45A MacPherson Road, S348470 Tue, 10am
Renewal Christian Church 88 Saint Francis Road, S328070 Thu, 8am	

WEST

106 Gangsa Road S670106 Tue, 8pm	Sports @ Buona Vista 115A Commonwealth Dr, S149596 Tue & Fri, 7am
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

VIRTUAL

Zoom Wed, 8.15pm

NORTH-EAST

112 Rivervale Drive S540112 Mon to Fri, 6.30am	Glad Tidings Church 1 Valley Road, S534449 Tue, 10am
238 Hougang Ave 1 S530238 (Open Court) Mon, Thu, Sat, 7.15am	St Paul's Church 843 Upper Serangoon Road, S534683 Sat, 10.30am
246 Hougang Ave 3 S530246 (Hard Court) Tue, 7.15am	

NORTH

407 Nee Soon Link Park S760407 Mon to Fri, 6.30am	Ang Mo Kio Town Garden West 126 Ang Mo Kio Ave 3, S560126 Tue to Sat, 7am
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*Subject to changes without prior notice.

*如有更改, 恕不另行通知。

VOLUNTEER WITH US 成为我们的义工



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**Nutrition and
Dietetics**
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**365 Rhythmic
Stretching Exercise**
365拉筋伸展运动



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Screenings**
免费癌症筛查

MAKE A DONATION 爱心捐款



Donate via PayNow by scanning the QR code. Your kind donation will help provide practical support to cancer fighters and their family members.

Contact us @6337 3368 or enquiry@365cps.org.sg for more details

您的爱心捐款将有助于为癌症勇士及家人提供实际援助。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

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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
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Member	: Mr Khoo Yik Lin	委员	: 邱溢仁先生

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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

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