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message wall, creating a collective space of hope and support for those affected by cancer.

Attendees got to experience the Strong Olive Interactive Experience, which offered a glimpse into the life of a young cancer patient. The installation recreated three key spaces, a bedroom, study room, and hospital setting, to illustrate the emotional and practical challenges young patients navigate while balancing treatment, personal life, and education. Complementing the exhibition were engaging games that helped participants understand the impact of healthy and unhealthy lifestyle habits, reinforcing the importance of cancer prevention.

The event also featured a vibrant stage programme, headlined by the official launch of the Strong Olive initiative. A meaningful fireside chat brought together Senior Minister of State for Health and Manpower, Dr Koh Poh Koon, Dr Francis Chin, and three cancer survivors who shared insights on cancer prevention, patient support, and the importance of community understanding, and their journey with cancer. Their conversation underscored the collective role society plays in supporting those affected by cancer.

Through shared stories, interactive experiences, and community participation, Bloom with Hope continues to strengthen awareness, compassion, and resilience, reminding us that when we walk together with understanding and hope, no one faces cancer alone.

We would like to extend our heartfelt thanks to our co-organisers, Tampines Central CC and Community Sports Network, main sponsors, Gene Solutions, Mirxes, and HMI Medical Centre, as well as event sponsors, AOX Pte Ltd, Bread and Butter Bakehouse, Gilead Sciences Singapore Pte Ltd, Malaysia Dairy Industries Pte Ltd, Oh Huat Hin Sesame Oil Manufacturer, Three Star Brand, Haw Par Healthcare Limited, and Macro Events Pte Ltd. Thank you for coming together to help make this event a resounding success.



Bloom with Hope: Hope In Every Step

希望盛放：步步皆希望

Close to 2,400 cancer fighters, survivors, caregivers, and supporters gathered for 365 Cancer Prevention Society's Bloom with Hope 2026, an immersive community event designed to inspire empathy, awareness, and solidarity in the fight against cancer. We were deeply honoured to have Dr Koh Poh Koon, Senior Minister of State, Ministry of Health & Ministry of Manpower, grace the event as our Special Guest. Dr Koh also flagged off the community walk, leading participants in a display of unity before they explored the year's dynamic exhibition-style format.

Through a series of thoughtfully curated interactive stations, attendees were encouraged to reflect on the realities of a cancer diagnosis. A powerful reflection wall invited participants to consider how they might feel hearing the words, "You've got cancer," while another installation debunked common myths and facts about cancer, helping to build awareness and correct misconceptions. Visitors also explored an emotional flip panel that highlighted the many feelings people may experience upon diagnosis—from fear and uncertainty to resilience and hope—alongside a wall of survivor stories and quotes that celebrated courage in the face of adversity.

A key highlight of the exhibition was the experiential installation that invited visitors to put themselves in a cancer fighter's shoes. Through hands-on activities that simulated challenges such as numb hands and heightened skin sensitivity, participants gained a deeper appreciation of the daily realities many patients face following treatments and medical procedures. Attendees also contributed messages of encouragement on a community



近2,400名抗癌勇士、康复者、看护者及支持者齐聚365防癌教育协会举办的‘希望盛放2026’ (Bloom with Hope 2026) 活动。这是一场沉浸式的社区盛会，旨在激发社会大众在抗癌道路上的同理心、关注度与团结精神。我们深感荣幸能邀请到卫生部兼人力部高级政务部长许宝琨医生担任特别嘉宾亲临现场。许部长还为社区健步走活动主持了起步礼，带领参与者们展现了凝聚力，随后大家共同参观了今年极具动感的展览。

借由一系列精心设计的互动展位，活动引导与会者深度体察确诊癌症后的真实境遇。震撼人心的‘反思墙’启发参与者换位思考，面对‘你患癌了’这句沉重宣告时的内心冲击；另一处的‘迷思与事实’装置则协助大众拨开认知迷雾，消除对癌症的误解。大众还可通过情感翻转板，触摸癌症病患从恐惧迷茫到坚韧希望的心路历程；同时，汇集了康复者语录与故事的‘感言墙’，深情颂扬了在逆境中勇敢绽放的生命力。

展览的核心亮点在于精心打造的‘感官模拟体验区’，旨在引导参与者跨越身份，感同身受地体察抗癌勇士的日常。通过模拟末梢神经麻木及触觉高度敏感等生理挑战，参与者得以切身感受患者在术后或化疗中所经历的种种艰辛。此外，公众纷纷在‘爱心留言墙’上留下温情寄语，共同为抗癌群体开辟出一片充满温情与力量的互助空间。

参与者通过‘Strong Olive 感官之旅’，深切体察了年轻癌症患者的生活点滴。展区精心还原了卧室、书房及医院病房三大核心场景，细腻呈现了年轻患者在兼顾治疗、学业与个人生活时，所经历的心路历程与多种挑战。现场还设置了寓教于乐的互动游戏，引导大众直观识别生活习惯对健康的影响，从而深化全民防癌意识。

活动现场呈献了一系列精彩纷呈的舞台节目，其中StrongOlive计划的正式启动成为全场瞩目的焦点。随后，一场意义非凡的炉边对话拉开帷幕，邀请到卫生部兼人力部高级政务部长许宝琨医生、陈国俊医生以及三位抗癌勇士同台交流。嘉宾们深度探讨了癌症预防、患者支持及社会理

解的重要性，并分享了感人至深的抗癌历程。这场对话深刻诠释了：在关怀受癌症影响的群体时，社会各界的共同参与和集体责任至关重要。

借由真实故事的共鸣、沉浸式的感官体验以及社会各界的广泛参与，‘希望盛放2026’不断凝聚起公众的认知、同理心与生命韧性。它深刻地启示我们：只要心怀理解，与希望并肩同行，在漫长的抗癌征途上，便永远不会有人孤军奋战。

我们谨向联合主办单位：淡滨尼尚育民众俱乐部及淡滨尼中社区体育网络致以最诚挚的谢意。同时，衷心感谢以下赞助商的鼎力支持：Gene Solutions、Mirxes, HMI Medical Centre, AOX Pte Ltd, Bread and Butter Bakehouse, Gilead Sciences Singapore Pte Ltd, Malaysia Dairy Industries Pte Ltd, Oh Huat Hin Sesame Oil Manufacturer, Three Star Brand, Haw Par Healthcare Limited, and Macro Events Pte Ltd.。正是有了各界的通力协作，方能成就本次活动的圆满成功。



Cancer Care Coalition

癌症关怀联盟

In conjunction with World Cancer Day, 365CPS, together with Ain Society, Breast Cancer Foundation (BCF), Singapore Cancer Society (SCS), came together to form the Cancer Care Coalition and organised the inaugural ScreenFest, held at Kampung Admiralty on 31 January 2026. Graced by the President of Singapore, Mr Tharman Shanmugaratnam, with MPs of Sembawang GRC: Ms Mariam Jaafar, Mr Vikram Nair, Mr Gabriel Lam, Mr Ng Shi Xuan and Professor Kenneth Mak, this event's goal is to raise awareness and make cancer screenings accessible to the public.

The coalition aims to tackle a critical national health challenge: while cancer remains a leading cause of morbidity, screening rates remain below optimal levels. 365CPS contributes directly to this mission through its core function of providing free cancer screenings for seven common types of cancer, including breast, cervical, and colorectal cancer, primarily for the low-income population. This focus on accessibility directly addresses barriers to early detection.

Over 1000 participants actively engaged in the booth activities and talks, and over 177 individuals made the decision to get themselves screened! We are heartened by the enthusiastic response from the public and we look forward to the coalition forging a more coordinated, effective, and compassionate front against cancer in Singapore.



值此世界癌症日之际，365防癌教育协会连同爱恩协会(Ain Society)、乳腺癌基金会(BCF)及新加坡防癌协会(SCS)共同组建癌症关怀联盟，于2026年1月31日在海军部村庄举办首届“筛查大集汇”。新加坡总统尚达曼先生亲临现场，三巴旺集选区国会议员佳馥梅女士、维凯先生、蓝延理先生、黄士轩先生及麦锡威教授共同出席。本次活动旨在提升公众癌症筛查意识并促进筛查普及。

该联盟旨在应对一项关键的国家卫生挑战：在癌症仍是主要致病死因的情况下，筛查率依然不尽理想。365防癌教育协会积极履行这一使命，通过提供涵盖乳腺癌、子宫颈癌及结肠直肠癌在内的七种常见癌症免费筛查服务，重点支援中低收入群体。这种对医疗可及性的重视，有效打破了早期检测所面临的重重障碍。

现场逾千名参与者积极加入展位互动与讲座，更有177人当场决定接受筛查！公众的热烈响应令我们倍感鼓舞，期待联盟能凝聚更协调、高效且富有同理心的力量，共同守护新加坡民众的抗癌前线。



Participants follow along as Senior Physiotherapist Ms Choo Kai Bing conducts a "Move More, Feel Less Tired" sharing.



Sharing the Love on Valentines' Day

情人节传递爱意

This Valentine's Day, 365 Cancer Prevention Society was deeply touched by the generosity and creativity of LalaCrochet, who organised a heartfelt fundraising event in collaboration with our Ang Mo Kio and Clementi Social Service Centres (SSC). More than just a fundraiser, the initiative brought together craft, purpose, and community, turning handmade creations into meaningful acts of giving.

Over three weeks, 23 clients poured their hearts into their weekly crochet classes to support the cause. Their dedication resulted in over 50 handcrafted heart-shaped keychains and roses, each stitch thoughtfully made to spread love and hope.

The clients crafted charming heart-shaped keychains and crochet roses, specially designed for Valentine's Day. Every stitch reflected not only their growing skills, but also their commitment to supporting others through this collaborative effort. The process itself became a rewarding experience—building confidence, fostering connection, and offering a sense of accomplishment.

The crochet pieces were sold on Valentine's Day, with proceeds going towards supporting 365CPS' programmes and services. We are incredibly grateful to LalaCrochet for championing this partnership and 313@somerset for sponsoring the venue. Our heartfelt thanks also go to our dedicated volunteers who assisted with the on-day sales, and to our clients for their inspiring dedication and creativity.



今年情人节，LalaCrochet与365防癌教育协会社区服务中心合作举办了意义非凡的筹款活动。该计划将手工艺与公益愿景相结合，通过精美的手工作品募集善款，将创意转化为实实在在的社会关怀。

本项目共汇聚了来自金文泰及宏茂桥社区服务中心的23位抗癌勇士。在短短三周内，他们凭借顽强的毅力与巧思，创作出50余件精美的钩针艺术品。这些作品不仅展示了精湛的手艺，更凝聚了抗癌勇士们对生命的礼赞与对他人的祝福。

抗癌勇士们亲手编织了一枚枚心形钥匙扣与钩针玫瑰，作为这份情人节的专属献礼。每一处细腻的针脚，不仅见证了技艺的蜕变，更传递出彼此扶持、共克难关的坚定信念。这不仅是一次创作，更是一场心灵的治愈，在指尖的起落间，他们重拾了自信，深化了联结，更收获了满溢的成就感。

这些钩针作品于情人节当天在313@somerset进行义卖，所得款项全部用于支持365防癌协会的各项康复项目与服务。我们由衷感谢LalaCrochet促成了这次意义非凡的合作，感谢313@somerset慷慨赞助场地，同时也感谢在活动当天协助销售的义工们，以及我们受益人们所展现出的热忱与创意。



Millions of Years in a Day

一日跨越亿万年

On 7 January, our clients stepped back million years in time at the DINOSAURS | EXTINCTIONS | US exhibition at Science Centre Singapore. Life-sized dinosaur models, fossils, and interactive displays brought the age of dinosaurs vividly to life. The exhibition also traced Earth's dramatic extinction events, showing how climate change, natural disasters and urbanisation reshaped life on our planet.

It's a powerful reminder that resilience isn't new. It's written into the history of this planet, and into each of us too.

1月7日, 抗癌勇士们走进新加坡科学中心, 开启了一场回溯数百万年的‘恐龙 | 灭绝 | 我们’ (DINOSAURS | EXTINCTIONS | US) 探索之旅。从栩栩如生的等比例模型到珍稀化石, 展览让遥远的恐龙时代跃然眼前。通过追溯地球历史上剧烈的灭绝事件, 展览揭示了气候变迁、自然灾害及城市化如何重塑生命形态。

这不仅是一场感官的盛宴, 更是一个强有力的提醒: 韧性并非新鲜事。它早已刻进这颗星球的历史, 也同样流淌在我们每个人的血液之中。



Chinese New Year Reunion Lunch 2026

农历新年团圆聚餐2026

This Chinese New Year, our Social Service Centres were buzzing with excitement as we celebrated the Year of the Horse with our staff, volunteers and clients!

Across the four centres, over 200 clients attended the lunch celebrations, with a special guest appearance by the MP of Yio Chu Kang SMC, Mr Yip Hon Weng at our AMK SSC's celebrations. Mr Yip gave his festive greetings to everyone and distributed festive bags to our clients.

Festive cheer was in full swing at all four centres as our clients played games, tossed yu sheng while calling out auspicious greetings and then gathered round the table to enjoy a meal with their friends.

What a way to start the year off! May the Year of the Horse bring health, happiness, and blessings to all!



农历新年期间，365防癌教育协会社区服务中心举办了马年新春庆祝活动。全体员工、义工及抗癌勇士们欢聚一堂，在温馨喜庆的氛围中互致祝福，共度佳节。

本次新春午餐庆祝活动在四大中心同步举行，共有逾200名抗癌勇士参与。其中，杨厝港单选区国会议员叶汉荣先生更是亲临宏茂桥社区服务中心，与大家共庆佳节。叶先生不仅向在场的所有人致以诚挚的节日问候，还亲手为抗癌勇士们派发了新春礼包。

各大中心处处洋溢着浓厚的节日气息：抗癌勇士们欢聚一堂，在趣味游戏中笑声不断。最热闹的莫过于捞鱼生环节，大家齐声高喊吉祥话；随后围坐桌前，与好友分享丰盛的佳肴。

多么美好的新春开端！愿在这万象更新的马年里，人人皆能龙马精神，收获满满的健康、幸福与福泽！



Hu Zhenxia,
Primary Peritoneal
Cancer Fighter
原发性腹膜抗癌
勇士



Stories of 365CPS 365CPS人文故事

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

A: I sought medical attention due to sudden frequent urination. In March 2021, I was diagnosed with “primary peritoneal cancer.” When urine tests showed no abnormalities, I already suspected an abdominal tumour. However, learning it was in the advanced stage came as a shock.

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

A: The care and support from the 365 Cancer Prevention Society’s counselling, nutrition and dietary support, physical therapy, social service centre programmes, were immensely helpful. In short, my gratitude towards them is truly beyond words.

Q: What has been the most inspiring or uplifting part of your experience?

A: Despite having an extremely rare, aggressive, and highly recurrent form of cancer, I remain in remission four years after stopping chemotherapy.

Q: What advice do you have for people who are newly diagnosed with cancer?

A: Adjust your mindset and face it with positivity.

问: 得知自己确诊的时, 您有什么感受?

答: 最初是因为突发尿频而去就医。2021年3月, 我被确诊为‘原发性腹膜癌’。其实当尿液化验结果显示正常时, 我心里已经隐约预感到了腹部肿瘤的存在; 可当医生亲口告诉我这已是晚期恶性肿瘤时, 那种沉重的冲击感依然让我感到措手不及, 非常意外。

问: 在365防癌教育协会 (365CPS) 提供的各项服务中, 您最大的收获是什么?

答: 365防癌教育协会提供的关怀与支持对我帮助极大, 无论是心理咨询、营养饮食建议, 还是物理治疗和社区服务中心的各项活动, 都让我受益匪浅。简而言之, 我对协会的感激之情, 确实难以言表。

问: 在您的抗癌经历中, 最令您感到鼓舞或振奋的是什么?

答: 尽管我所患的是一种极其罕见、极易复发且治疗难度大的癌症, 但令人惊叹的是, 在停止抗癌药物治疗四年后的今天, 我依然处于‘缓解期’。

问: 对于刚确诊癌症的朋友, 您有什么发自内心的建议?

答: 一定要试着慢慢调整心态, 积极面对。

Quick Chicken Stew with Root Vegetables

鸡腿炖根茎蔬菜

Preparation Time: 10-15 min

准备时间: 10-15分钟

Bake Time: 25 min

烹饪时间: 25分钟

Serving Size: 4 pax

份量: 4人份

INGREDIENTS 食材

- 4 medium-sized chicken drumsticks
- 120g white radishes, roughly chopped
- 120g carrots, roughly chopped
- 120g potatoes, roughly chopped
- 1 red onion, cubed
- 80g cherry tomatoes, halved
- 5 garlic cloves, smashed
- 2 ginger slices
- 500ml water*

- 4只中等大小鸡腿
- 120克白萝卜, 切块
- 120克胡萝卜, 切块
- 120克土豆, 切块
- 红洋葱1个, 切丁
- 樱桃番茄80克, 对半切开
- 大蒜5瓣, 拍碎
- 生姜2片
- 水500毫升*

SEASONING 调味料

- 1 tbsp italian mixed herbs**
- 1½ tsp cajun spice
- 1 tsp white pepper powder
- 1 tsp salt
- 1 tsp olive oil

* Chicken stock can be used to substitute water

** 3 stalks of fresh thyme leaves can be used to substitute the italian mixed herbs

- 意大利混合香草1汤匙**
- 卡津香料1½茶匙
- 白胡椒粉1茶匙
- 盐1茶匙
- 橄榄油1茶匙

*可用鸡汤替代清水

**可用3枝新鲜百里香叶替代意大利混合香草



METHOD 做法

1. Remove the skin and visible fat from the chicken legs, then lightly season with salt and pepper
2. Heat a non-stick casserole pot and add olive oil. Sear the chicken drumsticks until golden brown and set aside.
3. Using the same pot, fry the red onion until golden brown.
4. Add in the ginger and garlic, fry until fragrant.
5. Add in the potatoes, carrots and radishes. fry for 1 minute.
6. Add in water, the italian mixed herbs and cajun spice. Bring to a boil and simmer for 15 minutes.
7. Turn off the heat and let it rest for 5 minutes before serving.

1. 去除鸡腿表皮及可见脂肪, 撒少许盐和胡椒粉调味
2. 不粘炖锅加热后倒入橄榄油, 将鸡腿煎至金黄后盛出备用
3. 用同一锅煎红洋葱至金黄
4. 加入姜蒜末翻炒至香气四溢
5. 加入土豆、胡萝卜和白萝卜, 翻炒1分钟。
6. 注入清水, 撒入意大利混合香草和卡津香料。煮沸后转小火炖煮15分钟。
7. 关火焖5分钟后即可上桌。



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

SOCIAL SERVICE CENTRE ACTIVITIES

社区服务中心活动

FOR CLIENTS ONLY 只限会员



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

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

- Mon** : Stretch and Release Class, Zumba Gold, Clay Art, Crochet Class
Tue : Strength and Mobility, Art Class, Ukulele (Basic), Vocal Class
Wed : Zumba Toning, 365 Rhythmic Stretching Exercise
Thu : Chinese Painting, 365 Rhythmic Stretching Exercise, Line Dance, Armstrong Exercise
Fri : Finger Painting, Zumba Toning, Functional Fitness & Conditioning, Zentangle Art

- 星期一：放松与伸展，黄金尊巴，黏土艺术，钩针课
 星期二：力量与活动能力，美术，乌克兰丽，声乐课
 星期三：尊巴塑身，365拉筋伸展运动
 星期四：水墨画，365拉筋伸展运动，排舞，手臂锻炼
 星期五：指画班，尊巴塑身，功能性健身与体能训练，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, Pastel Nagomi Art, Armstrong Exercise
Tue : Zentangle Art (Beginner), Ukulele (Intermediate), Vocal Training
Wed : Line Dance, Finger Painting
Thu : Zumba Gold Toning, Zumba Gold, Clay Art, Crochet
Fri : Latin Dance, Chinese Painting, Art Class

- 星期一：365拉筋伸展运动，和谐粉彩画，手臂锻炼
 星期二：禅绕画（基础），乌克兰丽（中级），声乐课
 星期三：排舞，指画
 星期四：尊巴塑身，尊巴，黏土艺术，和谐粉彩画
 星期五：拉丁舞，水墨画，绘画班

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108
Contact No 联络号码: 9838 7073

CLEMENTI SOCIAL SERVICE CENTRE 金文泰社区服务中心

- Mon** : Art Class (Basic), 365 Rhythmic Stretching Exercise, Chinese Calligraphy, Functional Fitness and Conditioning
Tue : Zentangle Art, Line Dance, Balloon Sculpting, Crochet Class
Wed : 365 Rhythmic Stretching Exercise, Latin Cha Cha (Solo)
Thu : Clay Art, Zumba Gold, Ukulele (Basic), Art Class
Fri : Ukulele, Vocal Training, Chinese Painting, Pastel Nagomi Art

- 星期一：绘画班（基础），365拉筋伸展运动，书法，功能性健身与体能训练
 星期二：禅绕画，排舞，气球艺术，钩针课
 星期三：365拉筋伸展运动，拉丁恰恰（单人）
 星期四：黏土艺术，黄金尊巴，乌克兰丽（基础），绘画班
 星期五：乌克兰丽，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, Drum Fitness
Tue : Sustainable Craft, Zumba Gold, Line Dance, Nagomi Pastel Art
Wed : Kpop X Fitness, 365 Rhythmic Stretching Exercise
Thu : Masala Bhangra Dance Workout, Art and Craft, Ocarina, Zentangle Art
Fri : Functional Fitness & Conditioning, Ukulele (Intermediate), Vocal Training (Intermediate), Karaoke Session/Games Day

- 星期一：水墨画，黏土艺术，绘画班，鼓棒运动
 星期二：环保手工艺课程，黄金尊巴，排舞，和谐粉彩画
 星期三：韩流健身，365拉筋伸展运动
 星期四：班格拉健身操，美术与手工，陶笛，缠绕画
 星期五：功能性健身与体能训练，乌克兰丽（中级），声乐课（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, Vietnamese Language Class
Wed : Zumba Gold, Functional Fitness and Conditioning, Zentangle Art
Thu : Japanese Conversational Class, Zumba Toning, Chinese Painting, Acrylic Art
Fri : Circl Mobility Exercise, Thai Language Class, Ukelele (Basic), Ukelele (Intermediate)

- 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，越南语文课
 星期三：黄金尊巴，功能性健身与体能训练，禅绕画
 星期四：日语会话班，尊巴塑身，中国画，亚克力画
 星期五：活动能力锻炼，泰语班，乌克兰丽（基础），乌克兰丽（中级）

Contact No 联络号码: 8028 5905

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

2026 MONTHLY EVENTS 每月活动

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

4th APR	9.30 am - 12.00 pm Love Lunch at TMP SSC	2nd MAY	9.30 am - 12.00 pm Love Lunch at TMP SSC	6th JUN	9.30 am - 12.00 pm Love Lunch at TMP SSC
11th APR	9.30 am - 12.00 pm Love Lunch at AMK SSC	9th MAY	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook	13th JUN	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook
18th APR	9.30 am - 12.00 pm Love Lunch at BKP SSC	16th MAY	9.30 am - 12.00 pm Love Lunch at BKP	20th JUN	9.30 am - 12.00 pm Love Lunch at BKP
25th APR	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	23rd MAY	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	27th JUN	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook

365 RHYTHMIC 拉筋伸展运动 STRETCHING EXERCISE

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

EAST		NORTH-EAST	
106 Simei St 1 S520106 (Street Soccer Court) Mon & Wed, 7.15am	257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8:15pm (Zoom)	112 Rivervale Drive S540112 Mon to Fri, 6.30am	246 Hougang Ave 3 S530246 (Hard Court) Tue, 7.15am
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	238 Hougang Ave 1 S530238 (Open Court) Mon, Thu, Sat, 7.15am	St Paul's Church 843 Upper Serangoon Road, S534683 Sat, 10.30am
WEST		Serangoon Polyclinic Upper Serangoon Rd, #587 Singapore 534564 Level 1 Health Studio Fri, 3pm	
106 Gangsa Road S670106 Tue, 8pm	Sports @ Buona Vista 115A Commonwealth Dr, S149596 Tue & Fri, 7am	NORTH	
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	Sembawang Polyclinic 21 Canberra Link, Clinic 1C Level 1 Health and Wellness Studio Thu, 10am	Khatib Polyclinic 690 Yishun Ring Road, Level 1 Health Studio Mon, 11:30am & Thu, 12:30pm
CENTRAL		407 Yishun Ave 6 Nee Soon Link Park Mon to Fri, 6:30am	
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	Kallang Polyclinic 701 Serangoon Road, Level 2 Health Studio Fri, 10am		
PCS Cedar Tree AAC Block 108, Potong Pasir Ave 1 Thu, 10am	126 Ang Mo Kio Ave 3 (Ang Mo Kio Town West Garden) Mon to Fri, 7am		
VIRTUAL	Zoom Wed, 8.15pm		



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365 Rhythmic Stretching Exercise
365拉筋伸展运动



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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 执行委员团

President	: Rev (Dr) Eric Chiam	会长	: 詹顺祥博士
Vice President	: Mr Sam Ang	副会长	: 洪江权先生
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	: 陈锡偉先生
Member	: Dr Fabian Lim	委员	: 林进龙博士
Member	: Mr Joshua Siow	委员	: 萧子强先生
Member	: Mr Jeremy Tan	委员	: 陈清温先生
Member	: Mr Khoo Yik Lin	委员	: 邱溢仁先生

Management Staff 管理层

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