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## A Raya of Togetherness 同庆开斋节, 共享温馨时光

On 11 April, Strong Olive clients gathered for a special Makan Together Hari Raya celebration at our Clementi Social Service Centre — a morning filled with laughter, connection and togetherness.

The session brought everyone together in a warm and welcoming space, where clients bonded through fun and engaging games, shared meaningful conversations and opened up about their personal journeys. Amid the laughter and encouragement, participants found comfort in knowing they are not alone, while supporting one another.

Gathered around the table, clients enjoyed delicious food, meaningful conversations and the joy of celebrating Hari Raya together as a community. We don't just share food at the table we share stories, strength, and the courage to keep going in our shared cancer journey.

4月11日, Strong Olive 在金文泰社区服务中心举办了一场特别的“Makan Together”开斋节聚会, 与会员们共度了一个充满欢笑、交流与温馨陪伴的早晨。

活动当天, 大家齐聚在轻松温暖的环境中, 通过有趣又互动性的游戏拉近彼此距离, 展开真诚而有意义的交流, 并分享各自的人生经历与心路历程。在欢声笑语与彼此鼓励中, 会员们感受到自己并不孤单, 也在过程中互相扶持、彼此陪伴。

围坐在餐桌旁时, 大家一同享用美味佳肴, 分享温暖对话, 共同感受开斋节带来的喜悦与团聚氛围。在这里, 我们分享的不只是食物, 更是彼此的故事, 力量, 以及继续勇敢面对癌症旅程的勇气。



# Support Group Anniversary: Fresh Air, Familiar Faces, New Memories

## 支持小组周年纪念: 清新空气、熟悉面孔与美好回忆

In a heartfelt celebration of our Support Group Anniversary, we rallied clients and staff to tour the Botanic Gardens on the Saturday morning of 18 April. Soft scenic views, fresh, floral air and scattered beams of soft sunlight. Surrounded by lush greenery, participants enjoyed a stroll with familiar faces. Old friends caught up with one another as they strolled through the greenery, new friendships were made with new memories.

For many, the walk was more than just exercise. It was a chance to step out of their daily routines, embrace the outdoors and enjoy simple moments of joy in good company. Laughter filled the paths as clients exchanged introductions, stories and smiles through the morning. Memories were captured in group photographs and candid snapshots, preserving the moments to revisit later.

Our path led us to the National Orchid Garden, where clients admired the 3-hectare space housing over 1,000 orchid species and over 2,000 hybrids on display. But not before a quick break with refreshments provided in goodie bags prepared by staff members.

As we celebrate another year of our Support Group community, the morning reflected what is most important to us: meaningful relationships, healthier lifestyles, and moments of connection where clients feel supported, included, and never alone.



在支持小组周年纪念的温馨庆祝活动中，我们于4月18日星期六上午会员们和工作人员一同游览新加坡植物园。柔美的景色、清新的花香，以及透过树叶洒落的点点阳光，为这一天增添了惬意的氛围。会员们在郁郁葱葱的绿意环绕下，与熟悉的朋友一同享受轻松散步的时光。他们边走边聊、联络感情，新加入的朋友们也在过程中结识彼此，留下美好的回忆。

对许多人来说，这次步行不仅仅是运动，更是一个暂时放下日常忙碌、亲近大自然，并在彼此陪伴中感受简单快乐的机会。一路上欢声笑语不断，会员们互相介绍、分享故事，也交流彼此的近况与心情。活动中拍摄了许多团体照和自然抓拍，记录下这些值得珍藏的温暖瞬间。

我们的路线也带领大家来到国家胡姬花园，会员们欣赏了这片占地3公顷的园区，园内展示了超过1,000种胡姬花品种及2,000多种杂交胡姬花。在进入园区前，大家先稍作休息，享用了由工作人员精心准备、放置于小礼品袋中的茶点。

在庆祝支持小组社区又一年的同时，这个早晨也体现了我们最珍视的核心价值观：有意义的人际连结、更健康的生活方式，以及让每位会员都能感受到支持、包容与陪伴，不再孤单。

# Supporting the AYA Cancer Journey Together

## 携手同行，支持青少年与年轻成人癌症旅程

On 24 and 25 April, the 365CPS Strong Olive team had the privilege of participating in the AYA Symposium 2026, joining the “Community Partners Panel: Navigating AYA Cancer Care Through Community Support.” Organised by the NCCS AYA Programme, the symposium brought together healthcare professionals and advocates from around the world to advance care for adolescent and young adult cancer patients.

As part of this meaningful forum, the Strong Olive team was fully immersed in the discussions, contributing to conversations on youth cancer support across two key fronts. On the panel stage, our team shared real-world insights into the psychosocial and emotional challenges young adults face, helping to keep the patient experience at the centre of care. On the ground, we welcomed attendees at the Strong Olive booth, connecting with oncologists, researchers, and community partners to share more about our dedicated young adult programmes.

From regional medical insights to moving patient stories, the symposium affirmed what the Strong Olive team advocates for daily: the cancer journey that goes far beyond treatment. We are inspired to turn these shared insights into actions by continuing to build supportive spaces where young adults feel truly seen, heard, and empowered to live meaningfully beyond a diagnosis.



4月24日至25日，365CPS Strong Olive 团队有幸参与了 AYA Symposium 2026，并受邀参加“社区伙伴论坛：通过社区支持导航青少年与年轻成人癌症护理”（Community Partners Panel: Navigating AYA Cancer Care Through Community Support）。此次研讨会由 NCCS AYA Programme 主办，汇聚了来自世界各地的医疗专业人士与倡导者，共同推动青少年与年轻成人癌症患者的护理与支持。

在这场意义非凡的交流平台上 Strong Olive 团队积极参与讨论，并从两个重要层面分享对年轻癌症支持的经验与见解。在论坛分享环节中，团队分享了年轻癌症患者在心理与情绪层面所面对的真实挑战，强调以患者体验为核心的重要性。与此同时，团队也在 Strong Olive 展位与现场参与者交流，向肿瘤科医生、研究人员及社区伙伴介绍专为年轻成人打造的支持项目。

从区域性的医疗洞察到触动人心的患者故事，这场研讨会再次印证了 Strong Olive 一直以来所倡导的理念：癌症旅程远远不只是治疗本身。Strong Olive 团队也深受启发，未来将继续把这些交流与学习转化为行动，打造更多让年轻成人真正感受到被看见、被倾听与被赋能的支持空间，帮助他们在诊断之后依然能够活出有意义的人生。



# Stronger with Energy+

## 与Energy+ 一起变得更坚强

Our first batch of Energy+ Programme participants recently huddled together for a mid-point check-in, taking time to reflect together on how far they have come. Energy+ is a new 12-week programme by 365CPS designed to support individuals experiencing cancer fatigue.

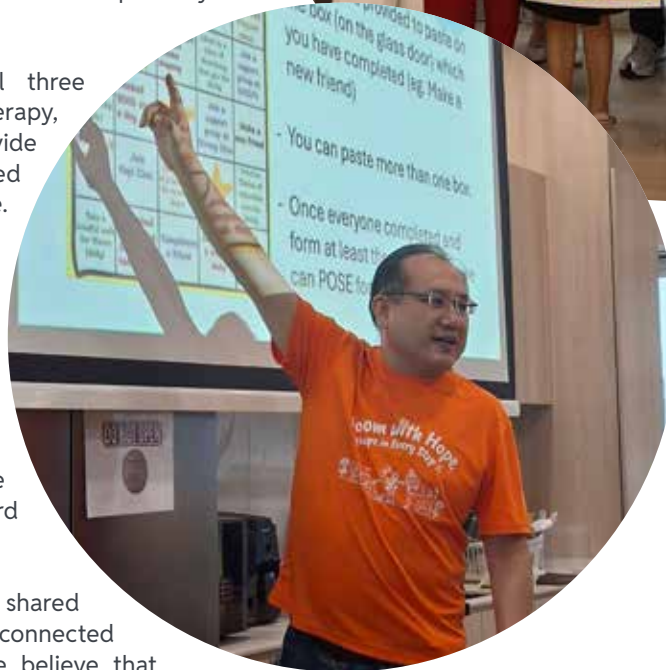
Unlike ordinary tiredness which can typically be remedied with quality rest, cancer fatigue is a persistent, deep lack of energy in body, mind and emotion that occurs in people during or after cancer treatment. For many, it can make even simple daily activities feel overwhelming.

Through Energy+, 365CPS activates all three pillars of support; Counselling, Physiotherapy, Nutrition and Dietetics to provide a comprehensive and holistic plan, tailored for each member dealing with cancer fatigue. Clients may see one, two or even all three professionals depending on their needs.

In this 12-week programme, participants explored strategies to manage their energy levels, such as pacing, goal setting, rest rhythms, mindset shifts and gentle movement. Beyond learning practical new strategies, the programme provides safe space for participants to feel seen, heard and understood.

During the mid-point check-in, participants shared reflections, encouraged one another and connected over familiar experiences. At 365CPS, we believe that encouragement and support go a long way, especially from those in similar circumstances.

We are proud of how far our first batch of Energy+ participants have come and look forward to supporting them every step of the way forward.



365CPS首批参加 Energy+ 计划的成员,日前齐聚一堂进行中期交流,一同回顾并分享他们一路走来的成长与改变。Energy+是由365CPS全新推出的12周计划,旨在帮助正在经历癌症疲劳(cancer fatigue)的人士。

癌症疲劳不同于一般疲倦,并不能单靠充足休息来缓解。它是一种持续性的身心灵能量耗竭,常见于癌症治疗期间或治疗后。对许多人而言,即使是简单的日常活动,也可能变得十分吃力。

通过 Energy+ 计划,365CPS整合了三大支持支柱——辅导咨询、物理治疗及营养指导,为每位面对癌症疲劳的成员提供全面且个性化的支持方案。根据个人需求,成员可接受其中一项、两项或全部三项专业服务。

在这为期十二个星期的计划中,参与者学习了多种管理体力与精力的方法,包括调整生活节奏、设立目标、安排休息规律、建立积极心态以及进行温和运动等。除了学习实用策略外,这项计划也为参与者提供了一个安全而温暖的空间,让他们感受到被理解、被倾听与被支持。

在中期交流会上,参与者彼此分享心得、互相鼓励,并在相似的经历中建立联系。365CPS深信,尤其对于经历相同挑战的人来说,鼓励与陪伴能够带来巨大的力量。

我们为首批 Energy+ 计划参与者至今所取得的进步感到骄傲,并期待继续陪伴他们,一步一步迈向更好的生活。

# Caring with Confidence

## 自信同行, 用心照护

On 16 May, 365CPS conducted its first caregiver workshop of the year at Clementi Social Service Centre, attended by 15 participants. This workshop was tailored to caregivers of breast and gynaecological cancer survivors.

The workshop aimed to equip new caregivers on ways to provide better support for care recipients throughout their cancer fighting journey.

Through the workshop, participants gained valuable insights into supporting the emotional, physical and nutritional needs of their loved ones. Practical tips and strategies were shared to help caregivers provide more effective and holistic care.

The workshop was well received, participants found the session both engaging and informative. Many have shared that they gained useful knowledge that could be applied in their daily caregiving roles, including effective communication with loved ones living with cancer, managing dietary needs during and after treatment while understanding the importance of self-care in order to better care for others.



5月16日, 365CPS在金文泰社会服务中心举办了本年度首场看护者工作坊, 共有15位参与者出席。本次工作坊特别为乳癌及妇科癌症康复者的照顾者而设。

此次工作坊旨在帮助新手看护者学习如何在癌症抗战旅程中, 为患者提供更全面及更適切的支持。

通过工作坊, 参与者深入了解如何照顾亲人在情绪、身体及营养方面的需要。讲师也分享了许多实用技巧与策略, 协助看护者提供更有效及更全面的护理。

工作坊获得参与者一致好评, 大家都认为课程内容生动且富有启发性。许多参与者表示, 他们学习到了许多能够应用于日常照顾工作的实用知识, 包括如何与患癌亲人进行有效沟通、如何在治疗期间及治疗后管理饮食需求, 以及了解自我关怀的重要性, 从而更好地照顾他人。

Osten Mah, 32  
Sebaceous  
Carcinoma  
Cancer Fighter  
皮脂腺癌抗癌勇士



## Stories of 365CPS

### 365CPS人文故事

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

**A:** I was shocked when I first received the diagnosis as I had been leading an active lifestyle prior to it. I was also very worried about the severity of the cancer (sebaceous carcinoma) given that it was rare and fast spreading.

**Q:** How have you benefited from the service that we provide at Strong Olive?

**A:** Even though I only found out about Strong Olive after my operation, I am thankful to be able to reach out to Rebecca who helped me process what I went through especially since everything happened so quickly. Through the events organised by Strong Olive, such as the Chinese New Year gathering, I also had the opportunity to get to know other members. I look forward to meeting more members and journeying together with the community.

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

**A:** Seeing how the community including my surgeon and medical team stepped up to create and sustain this support network has been truly inspiring.

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

**A:** Reach out to support communities. As the cancer monster may seem to grow bigger, support communities can lend strength to your shield against it.

**问:** 当您第一次被诊断时,您有什么感受?

**答:** 当我第一次得知诊断结果时,我感到非常震惊,因为在那之前我一直保持着积极健康的生活方式。我也非常担心癌症(皮脂腺癌)的严重性,因为这是一种罕见且扩散迅速的癌症。

**问:** Strong Olive 为您带来了哪些帮助?

**答:** 虽然我是在手术后才认识 Strong Olive,但我非常感恩能够联系上 Rebecca。她帮助我整理和消化自己所经历的一切,尤其是因为整个过程发生得非常突然。通过 Strong Olive 所举办的活动,例如农历新年聚会,我也有机会认识其他会员。我期待未来能够认识更多会员,并与这个社区一起同行。

**问:** 在您的经历中,最激励或最让您感到温暖的部分是什么?

**答:** 看到这个社区,包括我的外科医生和医疗团队,愿意挺身而出并持续建立和维系这个支持网络,让我深受感动与鼓舞。

**问:** 您想对刚被诊断患癌的人说些什么?

**答:** 请主动寻求支持社区的帮助。当“癌症怪兽”看起来越来越庞大时,社区支持是能够成为您抵御它的力量与后盾。

Clarice Lee,  
6 Years of  
Volunteering with  
365CPS  
365CPS六年义工



## Stories of 365CPS 365CPS人文故事

**Q:** Tell us a little bit about yourself outside of 365 Cancer Prevention Society what is your day job, and what do you like to do in your free time?

**A:** I just graduated from SMU Law School and I'm starting my Practice Training in 2026! In my free time, I love to watch shows and listen to music.

**Q:** How long have you volunteered with 365 Cancer Prevention Society and how did you come to know us?

**A:** I started volunteering with 365 Cancer Prevention Society during COVID-19 period back in July 2020! I came to know the organisation online, when I saw that there was a need for volunteers in the marketing team.

**Q:** Why did you choose to volunteer with the 365 Cancer Prevention Society, and what does our mission of cancer fighting and cancer prevention mean to you?

**A:** I chose to volunteer with the organisation because of my own experience with my father who battled cancer when I was 12. I remember how difficult it was on the family and on his caregiver my mother, and I felt that the organisation's mission and its cause was meaningful and impactful

**Q:** What specific role do you play at 365 Cancer Prevention Society (e.g., event support, administrative, outreach)?

**A:** I helped in the 365Live team! More specifically, I helped to edit videos that were used for the Facebook Live Sessions!

**Q:** What's your favourite memory/experience from volunteering with us?

**A:** I remembered casually tuning in to one of the Live Sessions and witnessing the engagement and comments from the participants for the online talks during their COVID-19 period. At a time where people could not meet physically to support one another, it was very meaningful and touching to see the online community being supportive as they/their loved ones are battling cancer.

**问:** 请介绍一下你自己在365防癌教育协会之外, 你的日常工作是什么? 空闲时间你喜欢做什么?

**答:** 我刚从新加坡管理大学法学院毕业, 并将于2026年开始我的法律实习培训! 在空闲时间, 我喜欢看电视节目和听音乐。

**问:** 你在365防癌教育协会做了多久的志愿者? 是如何认识我们的?

**答:** 我是在2020年7月新冠疫情期间开始在365防癌教育协会做义工! 当时我在网上看到营销团队正在招聘义工, 因此我才认识了 this 组织。

**问:** 你为什么选择在365防癌教育协会做义工? 抗癌与癌症预防的使命对你来说意味着什么?

**答:** 我选择加入这个组织, 是因为我个人的经历在我12岁时, 父亲曾与癌症抗争。我记得那段时间对整个家庭以及身为看护的母亲来说都非常艰难。因此, 我认为这个组织的使命和宗旨非常有意義, 也具有深远的影响。

**问:** 你在365防癌教育协会中担任什么具体角色 (例如: 活动支持、行政、外联等)?

**答:** 我参与的是365Live团队! 更具体来说, 我负责剪辑脸书直播活动的视频。

**问:** 你在做义工的期间最难忘的回忆或经历是什么?

**答:** 我记得有一次随意点看了一场直播, 看到在疫情期间线上讲座中参与者的互动和留言。当时人们无法面对面相互支持, 但看到线上社区在给彼此鼓励、支持那些正在与癌症抗争的患者及家人, 真的非常有意義, 也令人感动。

# Lip Smacking Pizzalicious

## 澎湃芝心披萨

Preparation Time: 10min

准备时间: 10分钟

Bake Time: 10min

烹饪时间: 10分钟

Serving Size: 5 pax

份量: 5人份

### NUTRITIONAL INFORMATION

营养成分 (PER SERVING 1份)

Energy 热量 349 kcal

Carbohydrate 碳水化合物 48.6g

Protein 蛋白质 13.6g

Fat 脂肪 9.4g

### INGREDIENTS 食材

- 5 wholemeal pita bread
- 70g tomato puree
- 1 onion, sliced
- 1 red/green/yellow bell pepper, sliced
- 5 slices reduced-fat cheese slices
- 1 tomato, sliced
- 1 apple, sliced
- 3 tbs cashew nuts/almond/walnut, crushed

- 5片全麦皮塔饼
- 70克番茄泥
- 1个洋葱, 切片
- 1个红/青/黄灯笼椒, 切片
- 5片低脂芝士片
- 1个番茄, 切片
- 1个苹果, 切片
- 3汤匙腰果/杏仁/核桃, 压碎

### METHOD 做法

1. Preheat the oven to 200°C.
2. Place the wholemeal pita bread on a baking tray and gently flatten it if needed.
3. Spread a thin layer of tomato purée evenly over the pita bread.
4. Top with sliced onion, bell pepper, tomato, apple, and your choice of nuts.
5. Place a cheese slice on top and bake for 10 minutes, or until the cheese has melted and the pita is lightly crisp.
6. Cut into 4 slices and serve warm.

This colourful pizza is made with **wholemeal pita bread, fruits, and vegetables, providing 7.63g of fibre per serving, which is about 27% of your daily fibre needs!**

Fibre helps to support healthy digestion, keeps you feeling fuller for longer, and contributes to overall gut health.

**Fun challenge:** How many different colours of fruits and vegetables can you spot on your pizza?

The more colours you eat, the wider variety of vitamins, minerals, and beneficial plant compounds your body receives. Eating a rainbow of foods is a simple and delicious way to nourish your health!



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

1. 预热烤箱至200°C。
2. 将全麦皮塔饼压平。
3. 在皮塔饼上涂上一层番茄泥。
4. 铺上洋葱、甜椒、番茄片、苹果片以及腰果/杏仁/核桃碎。
5. 最后放上芝士片, 以200°C烘烤10分钟。
6. 将皮塔饼切成4份, 趁热享用。

这款色彩缤纷的披萨采用**全麦皮塔饼、水果和蔬菜**制作, 每份含有**7.63克膳食纤维**, 约可满足您每日膳食纤维需求的**27%**!

膳食纤维有助于促进消化系统健康、增强饱腹感, 并有助于维持肠道健康, 让您享受美味的同时也能摄取充足营养。

**趣味挑战:** 你能在这款披萨上找到多少种不同颜色的水果和蔬菜呢?

水果和蔬菜的颜色越丰富, 代表您能摄取到更广泛的维生素、矿物质和有益植物营养素。多吃色彩缤纷的天然食物, 不仅赏心悦目, 更是滋养身体、促进健康的简单美味方式!

# 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 Class  
**Fri** : Charcoal Drawing, Zumba Toning, Functional Fitness & Conditioning, Zentangle Art

- 星期一: 放松与伸展, 黄金尊巴, 黏土艺术, 钩针班  
 星期二: 力量与活动能力, 美术班, 乌克兰丽(初级班), 声乐课  
 星期三: 尊巴塑形, 365拉筋伸展运动  
 星期四: 水墨画, 365拉筋伸展运动, 排舞, 臂力锻炼  
 星期五: 炭画班, 尊巴塑形, 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** : Clay Art, 365 Rhythmic Stretching Exercise, Nagomi Pastel Art  
**Tue** : Zentangle Art (Intermediate), Aerobic, Ukulele (Intermediate) Level, Vocal Training  
**Wed** : Line Dance, Finger Painting  
**Thu** : Zumba Gold Toning, Zumba Gold, Korean Language Class, Crochet Class  
**Fri** : Ukulele (Basics), Chinese Painting, Art Class

- 星期一: 黏土艺术, 365拉筋伸展运动, 和谐粉彩艺术  
 星期二: 禅绕画(中级班), 有氧健身操, 乌克兰丽(中级班), 声乐课  
 星期三: 排舞, 指画  
 星期四: 黄金尊巴塑形, 黄金尊巴, 韩语课程, 钩针班  
 星期五: 乌克兰丽(初级班), 水墨画, 美术班

**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 (Intermediate), Line Dance, Balloon Sculpting, Crochet Class  
**Wed** : Dance Fitness  
**Thu** : Clay Art, Zumba Gold, Ukulele (Intermediate), English Calligraphy  
**Fri** : Ukulele (Basic), Vocal Training, Chinese Painting, Nagomi Pastel Art

- 星期一: 美术班(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(中级班), 排舞, 气球艺术, 钩针班  
 星期三: 舞蹈健身课  
 星期四: 黏土艺术, 黄金尊巴, 乌克兰丽(中级班), 英文书法课  
 星期五: 乌克兰丽(初级班), 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, Watercolour Art, Drum Fitness  
**Tue** : Sewing & Creative Craft, Zumba Gold, Line Dance, Nagomi Pastel Art  
**Wed** : Kpop X Fitness, 365 Rhythmic Stretching Exercise  
**Thu** : Colour Pencil Art, Bollywood Dance Workout, Zentangle Arts, Armstrong Class  
**Fri** : Functional Fitness & Conditioning, Ukulele (Intermediate), Vocal Training (Intermediate), Karaoke Session/Games Day

- 星期一: 水墨画, 黏土艺术, 水彩画, 鼓棒运动  
 星期二: 缝纫与创意手工, 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: 彩色铅笔绘画, 宝莱坞舞蹈健身课程, 禅绕课, 臂力锻炼  
 星期五: 功能性健身与体能训练, 乌克兰丽(中级班), 声乐课(中级班), 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 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)

**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, 钩针班  
 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, 尊巴塑形, 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)

\*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。

<b>11<sup>th</sup> JUL</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at TMP SSC <b>9.30 am - 12.00 pm</b> Love Lunch at AMK SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook	<b>1<sup>st</sup> AUG</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at TMP SSC	<b>5<sup>th</sup> SEP</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at TMP SSC
<b>18<sup>th</sup> JUL</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at BKP SSC	<b>1<sup>st</sup> AUG</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at AMK SSC	<b>12<sup>th</sup> SEP</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at AMK SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook
<b>25<sup>th</sup> JUL</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at CMT SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook	<b>15<sup>th</sup> AUG</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at BKP <b>8.30 pm - 9.30 pm</b> 365Live on Facebook	<b>19<sup>th</sup> SEP</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at BKP
		<b>22<sup>nd</sup> AUG</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at CMT SSC <b>8.30 pm - 9.30 pm</b> 365Live on Facebook	<b>26<sup>th</sup> SEP</b>	<b>9.30 am - 12.00 pm</b> Love Lunch at CMT SSC <b>8.30 pm - 9.30 pm</b> 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		WEST	
<b>106 Simei St 1</b> S520106 (Street Soccer Court) Mon & Wed, 7.15am  <b>149 Simei St 1</b> S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am	<b>257 Tampines St 21</b> S520257 Mon to Wed & Fri, 7.20am Wed, 8:15pm (Zoom)  <b>Bedok Reservoir Park</b> 760 Bedok Reservoir Rd, S479245 (Beside Wawawa Bistro) Mon to Fri, 7.50am	<b>106 Gangsa Road</b> S670106 Tue, 8pm  <b>Bukit Gombak Stadium</b> 800 Bukit Batok West Ave 5, S659081 Mon to Sat, 7am	<b>Sports @ Buona Vista</b> 115A Commonwealth Dr, S149596 Tue & Fri, 7am  <b>Singapore Botanic Garden, Eco-Garden</b> 469C Bukit Timah Rd, S259772 Mon, 7.45am
CENTRAL		NORTH-EAST	
<b>NTUC Health Active Ageing Centre</b> 41 Telok Blangah Rise, S090041 Wed, 9.30am  <b>Renewal Christian Church</b> 88 Saint Francis Road, S328070 Thu, 8am  <b>PCS Cedar Tree AAC</b> 108, Potong Pasir Ave 1, S350108 Thu, 10am  <b>Kallang Polyclinic</b> 701 Serangoon Road, S328263 (Level 2 Health Studio) Fri, 10am	<b>Wan Min Community Services</b> 45A Macpherson Road, S348470 Tue, 10am  <b>Ang Mo Kio Town West Garden</b> 126 Ang Mo Kio Avenue 3, S560126 Mon to Fri, 7am  <b>Ang Mo Kio Polyclinic</b> 21 Ang Mo Kio Central 2, S569666 (Level 1 Community Plaza) Tue, 9am	<b>112 Rivervale Drive</b> S540112 Mon to Fri, 6.30am  <b>238 Hougang Ave 1</b> S530238 (Open Court) Mon, Thu, Sat, 7.15am  <b>Serangoon Polyclinic</b> Upper Serangoon Rd, #587 S534564 (Level 1 Health Studio) Fri, 3pm	<b>246 Hougang Ave 3</b> S530246 (Hard Court) Tue, 7.15am  <b>St Paul's Church</b> 843 Upper Serangoon Road, S534683 Sat, 10.30am
NORTH		VIRTUAL	
<b>Sembawang Polyclinic</b> 21 Canberra Link, S756973 (Clinic 1C Level 1 Health and Wellness Studio) Thu, 10am  <b>Nee Soon Link Park</b> 407 Yishun Ave 6, S760407 Mon to Fri, 6:30am	<b>Khatib Polyclinic</b> 690 Yishun Ring Road, S769567 (Level 1 Health Studio) Mon, 11:30am & Thu, 12:30pm	<b>Zoom Wed, 8.15pm</b>	



# VOLUNTEER WITH US

成为我们的义工



ADMINISTRATION  
行政



FUNDRAISING  
筹款



SERVICES SUPPORT  
服务支持



MARKETING SUPPORT  
宣传

# OUR SERVICES

我们的服务项目



Care and Support  
关怀扶持



Counselling  
心理辅导



Nutrition and Dietetics  
营养咨询



Rehabilitation  
康复治疗



Financial Assistance  
经济援助



365 Rhythmic Stretching Exercise  
365拉筋伸展运动



Health Education  
健康教育



Sponsored 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](mailto: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](mailto: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	: Dr Francis Chin	副会长	: 陈国俊医生
Honorary Secretary	: Mr Tan Soo Kee	秘书	: 陈树基先生
Assistant Honorary Secretary	: Dr Lew Yii Jen	副秘书长	: 刘以仁医生
Honorary Treasurer	: Mr Sam Ang	财政	: 洪汇权先生
Honorary Assistant Treasurer	: Ms Ang Pei Wen	副财政	: 洪佩文女士
Member	: Dr Fabian Lim	委员	: 林进龙博士
Member	: Mr Jeremy Tan	委员	: 陈清温先生
Member	: Mr Khoo Yik Lin	委员	: 邱溢仁先生
Member	: Mr Jeremy Chan	委员	: 陈锡偉先生
Member	: Ms Jenny Aw	委员	: 胡慧敏女士

## 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	: 张俐宾博士
Honorary Legal Advisor	: Mr Wu Yu Liang	法律顾问	: 吴微良先生
Honorary Advisor	: Mr Joshua Slow	荣誉顾问	: 萧子强先生



## 365 Cancer Prevention Society

### 365防癌教育协会

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Tai Seng Point Singapore 369551  
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365CPS Hotline : 6337 3368