

EAT HEALTHY LIVE WELL

饮食健康 美好生活

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DETOX EXERCISE TESTIMONY :

Ong Lay Cheng 排毒操见证:王丽青



I am Ong Lay Cheng, 45 years old, and I was diagnosed with breast cancer. Before joining the detox exercises conducted by 365 Cancer Prevention Society (365CPS), I was not interested nor motivated to do any forms of exercise. After I joined as a member with 365CPS, I went for the detox exercise sessions held every week. In the beginning, some of the steps in the exercises were challenging for me and I found it difficult to maintain the

correct poses and postures. As the exercises required us to take in breaths and exhale in a certain manner, I also had difficulties following the recommended manner of breathing.

Eventually, after attending regular sessions of the detox exercises, I was more familiar and comfortable with following the steps. One year after joining the exercises, I realised that my immune system has improved and it was less likely that I would catch the common cold. Even if I fell sick, I would recover in a short period of time. I also felt that my blood circulation and excretion has improved. Generally, the detox exercises have helped me achieved a healthier body and I feel more energised and rejuvenated.

I would like to encourage other cancer fighters to join in the detox exercises at 365CPS as well. It may be unfamiliar at first but just relax and take one step at a time. There might not be immediate visible benefits at first but in the long run, the body will feel more refreshed and energised. Interaction with other cancer fighters during and after the exercises also help to build up confidence and personal well-being.

I would like to take this opportunity to thank all 365CPS staff and volunteers for being so friendly, caring and helpful. Thank you for always respecting our space and being understanding, never pressuring me to do things I am not comfortable with.

Also to donors, no words can express my gratitude. Thank you for your generosity, kindness and compassion. You give us hope and show us that there is love in this community and that we cancer patients are not forgotten and need not suffer alone.

我是王丽青,今年45岁,曾被诊断患有乳癌。在还未加入365防癌教育协会(365CPS)的排毒操之前,我即没有兴趣也没有动力做任何形式的运动。自从成为365CPS的会员后,我每周都会参与排毒操。刚开始,有些步骤对我而言,非常具有挑战性而我也无法维持正确的姿势。由于排毒操需要我们以某种方式吸气和呼气,我也难以遵循指示呼吸。

自从定期参与排毒操,我渐渐地掌握了运动的节奏也对这些步骤感到熟悉。一年后,我发现自身的免疫系统改善良多,也较少感冒。即使生病,也很快痊愈。除此之外,我也发现我的血液循环良好,排便也顺畅许多。总体而言,排毒操使我更健康,充满活力。

我鼓励其余的生命斗士参与365CPS的排毒操。一开始,您可能会感到陌生,但放轻松,一步一步来。运动初期或许没有显著的效果,但坚持下去,身体将会越来越有活力。当然,在排毒操进行的当儿或排毒操结束后,生命斗士也能彼此交流,互相勉励,从而建立信心。

我想借此机会,感谢所有365CPS的工作人员和义工们。谢谢他们的友善、关心和帮助。谢谢他们的尊重与理解,给予了我们充分的私人空间,也从未强迫我不愿意的事情。

此外,对于365CPS的捐助人,言语无法表达我的感激之情。唯有由衷地感谢你们的慷慨解囊、善良与同情。是你们赋予我们希望,让我们知道这个社区依然充满爱,癌症患者从未被遗忘,也不必独自承受病痛折磨,谢谢你们!



COUNSELLING TESTIMONY :

Ong Soh Khim 辅导见证:翁素琴



I am turning 57 this year.

I am halfway through my life's journey now!

I still remember the exact moment when the doctor diagnosed me with Stage 4 Lung Cancer in 2017. I could not process the shocking piece of news, nor did I know how to respond or handle the emotion, so I just sat frozen in the seat, as if calm. When the doctor asked me if I wanted to know my life expectancy, I told him to just inform my family members about this.

Thinking back now, my sister has provided a great deal of help to me. It was she who had introduced 365 Cancer Prevention Society (365CPS) to me and hoped that the daily activities in the centre could help me walk this journey. In fact, she had thought that it is a counselling centre. It is, in fact, much more. When my sister first raised the idea of participating in 365CPS' activities to me, I was uncertain.

To me, this change in my life was too massive, and I was still trying to accept it and make adjustments. I was thinking, "I am going to a day care centre. A young person like me is going to a day care centre to receive care." I felt very awkward! But I told myself, I would never know how it feels like until I actually experience it for myself. Therefore, I took courage and went to the centre. I met a lady whom I had met earlier. Her friendliness and smile encouraged me, and she told me, "I know you!" That short statement delivered so warmly changed my perception of the centre and I have been coming to the centre ever since.

Before I attended any counselling sessions, I had a lot of doubts and fears. I needed a channel to articulate them and be comforted, my questions answered. I needed a listening and empathetic ear to hear the worries and sorrows hidden in me. I felt so hopeless until these counselling sessions came along.

365CPS provides services to cater to almost all our areas of need. Besides organising activities, various educational and helpful seminars, and providing nutritious and tasty food, 365CPS also takes care of the emotional needs of the patients.

The greatest help I have received from the centre is that the counsellor has helped me to figure out about my life, and to manage the fears and worries hidden in me since I was a child.



There are many activities in the centre. One of the activities is drawing sessions as a counselling activity. I attended this session in 2017 and found it very helpful. Some speakers who had experienced the same journey as we were on also shared their stories with us. Although many years had passed and they had already recovered from their sickness, the stories still stirred up our emotions and inspired us. The most inspiring and wise advice they shared with us is: Live life to the fullest now!

我今年将迈入57岁的关卡， 我已经走过人生的一半旅程！

还记得2017年医生诊断我患了第四期的肺癌，我根本来不及处理自己的情绪也不知道那里来的那么淡定！当医生问我你要知道你还可以存活多久，我回应医生告诉我的家人就好！



回想起来，我妹妹对我的帮助是功不可没的。她那时候还介绍365防癌教育协会，希望我在日间活动中心有所帮助。其实她还以为是辅导中心而已。但是对我来说，一下子我的生活完全打乱了。我感到彷徨因为那么年轻就要去日间活动中心。但是不去又不知道。于是我鼓起勇气去面对。第一次就遇上了我认识的一位姐妹，她的亲切与笑容吸引了我，最重要的是她说了一句很重要的话！“我认识你”就这样子我一呆就呆到2019年。

至于我，还没有接受辅导的时候，心里难免有许多的疑惑，需要有一个管道疏通！我需要有多一隻耳朵能聆听自己内心深处的呐喊，无助。

日间活动中心提供了全方位的服务，除了活动，饮食和各种讲座，也照顾到患者的心灵的需求和需要。

我得到最大的帮助是辅导员让我理清自己的生命。面对自己内心深处小时候到现在的恐惧，害怕。

中心有许多的活动。其中有画的辅导的治疗。2017年我因为上了这个画画辅导帮助了我很多。那些已经经历过的人分享自己的生命旅程时，虽然事隔多年，她们也渐渐的恢复。但是分享还是依然心里激动人心。最经典的话应该是“活在当下”！



CANCER FIGHTER'S STORY :

Seah Siew Kim

My name is **Seah Siew Kim**. I am 56 years old this year.

When I was diagnosed with fourth stage nasopharyngeal cancer in 2002, there were no obvious symptoms of this. For a long time before that, I had felt that something was blocking my ear canal and my hearing was becoming increasingly unclear. On the advice of my family members, I went to a general clinic to see a doctor, who helped me to clear my ears and prescribed medicine for me. I saw the doctor twice but the problem didn't go away. Finally, he referred me to a specialist. After studying the results of many tests that I took, the specialist confirmed that it was cancer and referred me to National Cancer Centre Singapore (NCCS). A series of examinations showed that I was suffering from fourth stage nasopharyngeal cancer. Because the cancer was at an advanced stage, the doctor recommended that I underwent electrotherapy and chemotherapy concurrently. After the electrotherapy, my skin was ulcerated. I could not eat and swallow any food. I could not drink milk to get nutrients.

In March 2009, during my medical examination, we found a recurrence of the nasopharyngeal cancer. When I was told the bad news, I was sad but relieved that the cancer cells had not spread to other organs. This time, I underwent electrotherapy eight times, followed by lymphatic surgery. After the electrotherapy was completed, I permanently lost the hearing in my right ear.

For me, the toughest time was an accident that occurred in 2013. I was watching TV when I realized I could not turn my neck without excruciating pain. I went immediately to the hospital to see my oncologist. He found that the condition was not caused by cancer. I was asked to go to see an orthopedic doctor, but no problem was found. In the end, I was advised to do physical therapy. Sadly, it didn't help. As the neck pain became increasingly severe, I had to ask for help to go to the emergency room. It was

during the investigation that it was found that there was a problem with my spine, causing a nerve to be pinched, resulting in constant pain. That year, I was hospitalized four times. The worst thing was that I was paralyzed and completely incapable of moving. I couldn't take care of myself. Someone had to take care of me. I could not eat. My weight plummeted. I could only drink a powdered milk drink seven times a day, something that my family found expensive but we had no other option.

Since cancer has entered my life, I have started to reflect on my lifestyle. I realize that stress has caused negative impacts on my life, so I try to relax and not push myself too hard. At the same time, I have also found the importance of exercise to my health and have started a good habit of regular exercise.

With all these difficulties, my main reason for soldiering on is my son, who was only six years old when I was diagnosed with cancer.

When my cancer relapsed in 2009, I came to know of 365 Cancer Prevention Society (365CPS) through a friend. At the beginning, I only attended the Love Lunch. After a while, I began to participate in various activities. My favorite activity is dancing. I like dancing even though with the limitations of physical movement, I can't move too much. Dance is my preferred choice and it also gives me the opportunity to exercise my legs.

I am very grateful to volunteers and donors for their selfless dedication because with them, we can get more help. From getting cancer to treatment to healing, it is a tough journey. I want to encourage all cancer fighters out there: don't be afraid, be strong, we have your back!



抗癌勇士故事:谢秀金

我是**谢秀金**，今年56岁。我患有鼻咽癌，第四期。我发现我患上癌症是在2002年，而这一切的发生并没有明显的征兆。好一段时间，感觉耳朵里有东西堵塞，听觉开始变得越来越不清楚。在家人的叮咛之下，到普通诊所看医生。医生帮我通耳朵和开药给我吃，看了两次却没有任何好转，医生就写信让我去见专科。听了我的口述及基本检查之后，专科医生确认是癌症，就把我转介到NCCS（国立癌症中心）。经过一系列的检查，报告显示是鼻咽癌第四期。由于情况严重，医生建议电疗和化疗一起进行。电疗之后皮肤溃烂，不能吃，咽不下食物，唯有靠喝牛奶来摄取营养。

2009年3月，做身体检查时发现鼻咽癌复发。被告知这坏消息的时候，也庆幸癌症细胞没有扩散到其他器官。又再进行电疗8次，之后做淋巴手术。电疗完成后，我永远失去了右耳的听力。

对我来说，最艰难的时候是在2013年发生的事故。我在看电视的时候颈项突然无法扭动，赶紧地到医院找我的癌症医生做检查，检查之后发现状况不是因为癌症，就让我转去看骨科，也并没有发现什么问题。到最后被建议去做物理治疗，可是却没有一点帮助。由于颈项疼痛越来越剧烈，只好求助送到急症室。检查后发现是脊椎的问题，颈项的神经线被压到而导致不能扭动及疼痛。那一年，我出入医院4次，最糟糕的是全身麻痺完全不能动，不能自理，必须要有人在身旁照顾。而且不能进食，体重不断往下掉，只能喝牛奶粉（一天必须喝7次，买牛奶粉的消费非常大，可是没有其他的办法）。

得了癌症之后，让我去反省自己的生活方式。意识到压力对我的生活造成的负面影响，所以尽量让自己放轻松，不要太操劳。同时，也发现运动对我的健康的重要性而开始了运动的好习惯。

在面对这一切困难的时候，唯一让我不惧艰辛坚持地走下去的原因是**我的儿子**（当初得知患上癌症的那一年，他只有6岁。）



2009年，复发的時候，透過一個朋友的介紹而認識了365防癌教育協會。一開始只是參加愛心午餐的講座，隨著協會在活動方面的更動，我也參與了好幾項課程。我最喜欢的活動是排舞。我本身對舞蹈就特別喜好，再加上身體操作的限制，不能做太大的動作，排舞是我最好的選擇，同時也讓我有了運動腿部的機會。

非常感激義工和捐款者無私的付出，因為有他們，我們才能得到更多的幫助。從得到癌症到治療到康復，這過程是非常難熬的。生命鬥士，不要害怕，堅強起來，大家一起加油！

VEGETARIAN DIETS 素食饮食

Individuals may choose to be a vegetarian for various reasons such as religious beliefs, animal welfare rights or for health. There are several types of vegetarians, but the most common types include lacto-ovo vegetarians and vegans. Lacto-ovo vegetarians include dairy products and eggs in their diet, while vegans avoid animal products completely. If you are a vegetarian, do ensure your diet provides you with adequate intake of protein, iron, calcium and vitamin B12 as follows:

您可能出于某个原因选择成为素食者，如宗教信仰、动物福利权利或健康因素。素食者分为几种类型，但最常见类型为蛋奶素食者和纯素食者。蛋奶素食者的饮食包括乳制品和鸡蛋，而纯素食者则完全不吃动物产品。若您素食主义者，请确保您的饮食为您提供足够的蛋白质、铁、钙和维生素B12：



Protein 蛋白质

Adequate protein intake is essential for tissue recovery and maintenance of your skeletal muscles. Most protein rich-foods come from animal origin; lacto-ovo vegetarians may benefit from including dairy products and eggs in their diet. However, vegans need to ensure that their diet include at least three serves of vegetarian sources of protein-rich foods. For example, 150 grams of soy-based food such as tempeh, tau kwa or tofu makes one serve of protein. You may also have one cup of cooked beans, lentils, quinoa or peas. Nuts and seeds may also be consumed as snack.

摄入充足的蛋白质对恢复和维持骨骼肌组织至关重要。大多数富含蛋白质的食物来自动物，因此蛋奶素食者可以从乳制品和鸡蛋中摄取蛋白质。纯素食者则需要确保他们的饮食中包含至少三份富含蛋白质的植物性食物。例如，150克的豆制品，如丹贝（tempeh）、豆干或豆腐，等于一份蛋白质。您也可以食用一杯煮熟的豆类、扁豆、藜麦或豌豆。坚果和瓜子也可以作为零食食用。

Iron 铁质

Iron is needed by the body to produce red blood cells and transport oxygen. Vegetables, whole grains, beans, peas and nuts are good sources of iron. However, as plant sources of iron are less easily absorbed, vitamin C rich fruits, such as kiwis and oranges, may be taken together with your meal to enhance iron absorption. Avoid drinking tea or coffee immediately after meals as this reduces your iron absorption.

人体需要铁质来产生红细胞和输送氧气。蔬菜、全谷物、豆类、豌豆和坚果都是富含铁质的食物。然而，植物性食物中的非血红素铁不易被人体吸收。为促进铁质的吸收，您可以在饮食中加入富含维生素C的水果（如奇异果和橙子）。请避免饭后立即喝茶或咖啡，以免减少铁吸收。

Calcium 钙质

Calcium is an essential nutrient to maintain healthy bones and teeth. Adequate calcium intake reduces your risk of osteoporosis. Dairy products are still the best source of calcium. If you do not take dairy products, try to include calcium-fortified soy milk, almond milk or oat milk in your diet. Other foods such as wholegrains, leafy vegetables, tofu and nuts may contain some amounts of calcium.

钙是维持骨骼和牙齿健康的必要营养物质。摄入充足的钙质可以降低患骨质疏松症的风险。乳制品仍然是钙质的最佳来源。若您不吃乳制品，试着在您的饮食中包括高钙豆奶、杏仁奶或燕麦奶。其他食物如全谷物、多叶蔬菜、豆腐和坚果等也含有一定的钙质。

Vitamin B12 维生素B12

Although Vitamin B12 is needed by the body in minute amounts, its deficiency may lead to a condition called pernicious anemia. As vitamin B12 is only found in animal foods including dairy products and eggs, this nutrient is of particular concern to vegans. Vegans who do not consume enough of this nutrient from vitamin B12-fortified foods, such as breakfast cereals or soy beverages, may need a supplement. Vegans should be assessed for their vitamin B12 status regularly by the doctor.

虽然人体对维生素B12的需求不大，但缺乏维生素B12可能会导致恶性贫血。由于维生素B12只存在于动物性食品中（包括乳制品和蛋类），纯素食者务必关注是否摄入足够的维生素B12。若纯素食者没有从高维生素B12食品中摄取足够的营养（如早餐谷物或大豆饮料），可考虑服用维生素B12补充剂。纯素食者应定期接受检验，测量体内维生素B12的含量。

In conclusion, appropriately planned vegetarian diets may also be healthy and nutritionally adequate if you are mindful of the above nutrient requirements and include a wide variety of grains, nuts, seeds, soy products, vegetables and fruits. For cancer patients, discuss your food intake with a registered dietitian if you are a vegetarian or if you are planning to start a vegetarian diet.

素食饮食如果遵循以上的营养需求也可以对健康有益并且富含营养。请切记加入多种谷物、坚果、种子、豆制品、蔬菜和水果。对于癌症患者，若您素食主义者或者您正打算尝试素食饮食，请与合格营养师讨论您的膳食摄入量。

FIVE ELEMENT BRAISED VEGETABLE POT 五行炆根茎菜砂煲



Instructions 煮法

1

Rinse the soybeans and soak in water for 8 hours. Drain and add 1 litre of water. Then, boil over high heat before simmering over low heat for 45 minutes. Keep 800 ml of soybean water.

黄豆洗净，用水浸泡 8 个小时，沥干水份，再加入 1 公升水，以大火煮滚，改用小火煮 45 分钟，保留豆水 800 毫升。

2

Cut the black konjac, white konjac, red carrot and lotus root into slices. Soak the Shitake mushrooms overnight, and cut them into quarters. Rinse the kombu, and cut them into small cubes.

黑、白蒟蒻、红萝卜和莲藕切滚刀型。冬菇浸泡隔夜，切成 4 等份，昆布略洗，剪小方块。

3

Put the black konjac and white konjac into boiling water for 1 minute, and drain the water (to remove the smell of ammonia).

黑、白蒟蒻放入沸水中焯烫 1 分钟，沥干水份（以去掉氨味）。

4

Add soybeans, Shitake mushrooms and lotus roots to the soybean water. Boil over high heat, then simmer over low heat for 1 hour. Add the konjac and carrot before boiling for another 20 minutes. Lastly, add sesame oil.

将黄豆、冬菇、莲藕加入黄豆水，大火煮滚，小火煮 1 小时，加入蒟蒻、红萝卜再煮 20 分钟，最后加入麻油。



Ingredients 材料

50 g soybeans	50 克 黄豆
1200 ml water	1200 毫升 水
50 g carrot	50 克 红萝卜
50 g black konjac	50 克 黑蒟蒻
50 g white konjac	50 克 白蒟蒻
50 g lotus root	50 克 莲藕
50 g shitake mushroom	50 克 冬菇
5 g kombu	5 克 昆布



SAUCE 酱汁

800 ml water (used to boil soybeans)	800 毫升 煮过 黄豆的水
1 tbsp mirin	1 汤匙 味琳
1 tsp rock sugar	1 茶匙 绵冰糖
2½ tbsp	2½ 汤匙
Japanese light soy sauce	日本酱青
2 tsp sesame oil	2 茶匙 麻油





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UPCOMING EVENTS 近期活动

JUL 2019 七月份

- **27/7**
Love Lunch @ CW
Day Activity Centre
爱心午餐于联邦日间活动中心

AUG 2019 八月份

- **24/8**
Love Lunch @ CW
Day Activity Centre
爱心午餐于联邦日间活动中心

SEP 2019 九月份

- **28/9**
Love Lunch @ CW
Day Activity Centre
爱心午餐于联邦日间活动中心

For Clients Only 课程只限会员

- | | |
|--|----------------------------------|
| Monday : Detox Exercise, Fun Singing Class | 星期一 : 淋巴排毒操, 歌唱保健课程 |
| Tuesday : Line Dance, Balloon Sculpting Workshop | 星期二 : 排舞, 气球造型课程 |
| Wednesday : Life Support Station, Nutrition Support Station, Wellness Support Station | 星期三 : 生命加油站, 营养加油站, 养生加油站 |
| Thursday : Intermediate Ukulele Class, Art Class | 星期四 : 乌克兰丽中级课程, 绘画课程 |
| Friday : Basic Ukulele Class, Chinese Calligraphy Class | 星期五 : 乌克兰丽初级课程, 书法课程 |

COMMONWEALTH (CW) SCHEDULE

Address: Day Activity Centre (Commonwealth)
1 Commonwealth Lane, #03-25/26,
One Commonwealth, Singapore 149544

JUL 2019 七月份

- **13/7**
Love Lunch @ AMK
Day Activity Centre
爱心午餐于宏茂桥日间活动中心

AUG 2019 八月份

- **17/8**
Love Lunch @ AMK
Day Activity Centre
爱心午餐于宏茂桥日间活动中心

SEP 2019 九月份

- **14/9**
Love Lunch @ AMK
Day Activity Centre
爱心午餐于宏茂桥日间活动中心

For Clients Only 课程只限会员

- | | |
|---|----------------------------------|
| Monday : Handicraft Class, Zumba Gold | 星期一 : 手工学习班, 尊巴 |
| Tuesday : Detox Exercise, Chinese Calligraphy Class | 星期二 : 淋巴排毒操, 书法, 书法课程 |
| Wednesday : Nutrition Station, Support Station, Wellness Station | 星期三 : 营养加油站, 生命加油站, 养生加油站 |
| Thursday : Detox Exercise, Ukulele Class | 星期四 : 淋巴排毒操, 乌克兰丽课程 |
| Friday : Art Class, Vocal Class | 星期五 : 绘画课, 声乐班 |

ANG MO KIO (AMK) SCHEDULE

Address: Day Activity Centre (Ang Mo Kio)
Blk 421, Ang Mo Kio Ave 9, #01-68,
Singapore 560621

JUL 2019 七月份

- **20/7**
Love Lunch @ BKP Day
Activity Centre
爱心午餐于武吉班让日间活动中心

AUG 2019 八月份

- **17/8**
Love Lunch @ BKP Day
Activity Centre
爱心午餐于武吉班让日间活动中心

SEP 2019 九月份

- **21/9**
Love Lunch @ BKP Day
Activity Centre
爱心午餐于武吉班让日间活动中心

For Clients Only 课程只限会员

- | | |
|---|--|
| Monday : Detox Exercise, Art Class | 星期一 : 淋巴排毒操, 绘画课程 |
| Tuesday : Karaoke Singing Class | 星期二 : 卡拉OK歌唱班 |
| Wednesday : Dance Fit, Life Support Station, Nutrition Support Station, Wellness Support Station | 星期三 : 舞蹈健操, 生命加油站, 营养加油站, 养生加油站 |
| Thursday : 365 Restorah Exercise Class, Chinese Calligraphy Class | 星期四 : 365修复操, 书法课程 |
| Friday : Line Dance | 星期五 : 排舞 |

BUKIT PANJANG (BKP) SCHEDULE

Address: Day Activity Centre (Bukit Panjang)
Blk 108, Gangesa Road, #01-171, Singapore 670108

JUL 2019 七月份

- **4/7**
Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督
- **6/7**
Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院

AUG 2019 八月份

- **1/8**
Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督
- **3/8**
Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院

SEP 2019 九月份

- **5/9**
Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院
- **7/9**
Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督

OTHER LOVE LUNCH VENUES

365 Lymphatic Detox Exercise 淋巴排毒操



Anglican Senior Centre Tampines 日历 Every Tuesday, 9:30am 人 Victoria @ 65883536	Bukit Gombak Stadium 日历 Mon to Sat, 7am 人 美美 @ 9225 0303	106 Simei St 1 Street Soccer Court 日历 Tue & Fri, 7:15am 人 Judy @ 9799 3948	9 Toh Yi Drive 日历 Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) 人 Wong Lan Hiang @ 8469 8141
Ang Mo Kio Town Garden West (Opp. AMK Community Library) 日历 Tue to Sat, 6:30am 人 Helen @ 9655 0709	Commonwealth Field 日历 Mon to Sat, 6:45am 人 Flossie @ 8198 9218	149 Simei St 1 Badminton Court 日历 Mon to Fri, 7:30am; Sat, 7:15am 人 Bok Soon @ 9679 1686	407 Yishun Ave 6 日历 Mon to Fri, 6:30am 人 丽芳 @ 9878 5513
Bedok Reservoir Park 日历 Mon to Fri, 7:50am 人 翠玲 @ 9004 5360	9 Holland Avenue 日历 Every Tuesday, 8pm 人 Monica @ 9829 2387	257 Tampines St 21 日历 Mon to Fri, 7:20am except Thu; 日历 Wed, 8:15pm 人 淑霞 @ 8288 4679	
639 Bedok Reservoir Rd Badminton Court 日历 Thu, 8pm 人 Bok Soon @ 9679 1686	704A Pasir Ris St 72 日历 Mon to Fri, 7:30am 人 Hai Wee @ 9451 1907	494C Tampines Ave 9 Void Deck 日历 Mon to Sat, 7:30 am 人 Bok Soon @ 9679 1686	

OUR SERVICES 我们的服务项目



Care and Support Team
支援小组



Counselling
心理辅导



Nutritional Support
营养咨询



Physical Exercise Classes
体育课程



Educational Talks
防癌教育



Financial Support
经济援助

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, and counselling services

365防癌教育协会是一个被政府承认的社区慈善机构，也是一所以“防癌”和抗癌为中心的机构。

“防癌”，就是通过传达健康资讯和鼓励运动，教导社会大众过一个健康的生活。

“抗癌”，就是与病患及其家属并肩作战，通过食疗、调整生活起居以及控制情绪，来增强病体内免疫系统，促进身心健康。

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 执行委员会

President : Dr Eric Chiam
 Vice President : Mr James Chia
 Honorary Secretary : Mr Tan Soo Kee
 Honorary Treasurer : Mr Joshua Siew
 Honorary Assistant Secretary : Dr Raymond Yuen
 Honorary Assistant Treasurer : Ms Ang Pei Wen
 Member : Mr Sam Ang
 Ms Jenny Aw
 Dr Charles Lee
 Prof Lim Kah Meng
 Mr Andrew Pang
 Ms Anna Phua

会长 : 詹顺祥博士
 副会长 : 谢松兴先生
 秘书 : 陈树基先生
 财政 : 萧子强先生
 副秘书长 : 袁泉芳医生
 副财政 : 洪佩文女士
 委员 : 洪江权先生
 胡慧敏女士
 李志州博士
 林家明教授
 冯国明先生
 潘秀霞女士

Management Staff 管理层

Executive Director : Mr Ben Chua
 HOD, Corporate Services : Ms Arlinda Chen
 HOD, Patient Care & Counselling : Ms Kelly Kuo
 HOD, Marketing, Fundraising & Volunteer Management : Mr Ashua Chua

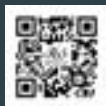
执行长 : 蔡德森先生
 企业服务部门主管 : 陈美珍女士
 关怀与辅导部门主管 : 郭凯丽女士
 宣传、筹款与义工管理部门主管 : 蔡顺财先生

Advisors 顾问团

Patron : Dr Teo Ho Pin
 Legal Advisor : Mr Wu Yu Liang
 Mr Choong Thung Cheong

名誉顾问 : 张仰宾博士
 法律顾问 : 吴徽良先生
 钟通昌先生

License No. MCI (P) 029/12/2018



Website



Facebook



Instagram

365 Cancer Prevention Society 365防癌教育协会

1 Commonwealth Lane, ONE Commonwealth Building, #03-10, Singapore 149544

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368