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▶ (QUARTERLY)

**365CPS NUTRITION
SERVICES**

365CPS营养服务

Everyone, including you, can lower the risk of cancer by enjoying a healthy diet, being physically active and maintaining a healthy body weight. Healthy habits that prevent cancer also lower the risk of other chronic diseases.

www.365cps.org.sg



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365CPS NUTRITION SERVICES 365CPS营养服务

Cancer is a major cause of deaths worldwide. According to the Singapore Cancer Registry, every day in Singapore (between 2011 and 2015), about 35 people were diagnosed with cancer and 15 passed away from the disease. However, almost half of all cancer cases can be prevented by making lifestyle changes. As a preventable cause of cancer, diet is second only to tobacco and accounts for 30% of all cancers in developed countries. Excess body weight and physical inactivity account for 20 - 30% of the most common cancers. Unhealthy diet, sedentary lifestyle, smoking and excessive alcohol intake are risk factors not only for cancer but also other chronic diseases, such as heart disease and diabetes. Thus, eating a healthy diet, staying active, avoiding tobacco products and limiting alcohol intake may greatly reduce a person's lifetime risk of developing chronic diseases.

However, in the modern world today, many people spend long hours at their work desks or in front of the television, paying little attention to regular physical activity. Stresses of various kinds have also led to unhealthy food choices and harmful habits of smoking and drinking. How does one make changes when these lifestyle choices become habitual and reinforced by the social environment? In the Global Action Plan for the Prevention and Control of Non-Communicable Diseases 2013-2020, the World Health Organisation recognised the role of governments, non-governmental organisations and the private sector in making healthy lifestyle changes easier for individuals.

Being a full member of the Singapore NCSS (National Council of Social Service) and approved as an IPC (Institute of Public Character) under the Charities Act, 365CPS aims to serve the community in preventing cancer and fighting cancer alongside the patients. Here, the Nutrition Department plays a vital role in raising awareness of cancer risk factors in one's diet and physical activity. We believe in empowering our clients with the knowledge they need to adopt healthier lifestyles and support them through three major domains:

○ Healthy meals at the Day Activity Centre

At 365CPS, we are like one big family. Our clients can easily spend up to an entire day here for recreational activities, such as dance, exercise, ukulele, art and games. To ensure they are well-nourished for the day, our nutritionists work closely with our chefs and patient care staff to provide nutritious and tasty meals.

○ Nutrition consultation

Beyond mingling with clients during mealtimes, our nutritionists also meet clients individually allowing them to ask questions and understand how to make changes to their own diets. Overweight and obesity are risk factors for cancer, hence we also help our clients with weight management.

○ Nutrition advocacy

Everyone, including you, can lower the risk of cancer by enjoying a healthy diet, being physically active and maintaining a healthy body weight. Healthy habits that prevent cancer also lower the risk of other chronic diseases. To understand more, do check out the health talks and supermarket tours conducted by our nutritionists. Follow our Facebook and Instagram pages for updates on our activities too!

癌症是全世界死亡的主要原因之一。新加坡癌症登记处的调查显示，新加坡在2011年至2015年的期间每天约有35人被诊断患有癌症，15人死于此病。然而，通过改变生活方式可以预防几乎一半的癌症病例。饮食不当，仅次于吸烟，估计导致发达国家所有癌症中30%的病例。而超重和缺乏运动导致最普遍癌症中20-30%的病例。不健康的饮食习惯，久坐不动的生活方式，吸烟和过量饮酒不仅能导致癌症，也可能导致其他慢性疾病，如心脏病和糖尿病。因此，避免吸烟，吃得健康，多做运动和限制饮酒会大大降低慢性疾病的风险。

但是，现代生活往往让许多人久坐不动，如在工作岗位上花上8-10个小时，而消遣时间也经常花在荧幕（如电视，电影）前。各种现代压力也导致不健康的饮食，吸烟和饮酒习惯。当习惯性的不良选择被社会环境强化时，大家该如何做出改变呢？在2013 - 2020年预防和控制非传染性疾病全球行动计划中，世界卫生组织意识到政府，非政府组织和私营机构在改变大众生活方式中扮演着举足轻重的角色。

365CPS是新加坡NCSS（国家社会服务委员会）的正式成员，并根据慈善法被批准为IPC（公益机构）。本协会旨在为社区服务，以预防癌症并与患者一起抗击癌症为中心。365CPS的营养部尤其在饮食方面起着至关重要的任务。我们的营养师主要是通过以下三个领域提供健康生活所需的信息和支持：

○ 日间活动中心的健康餐点

365CPS就象一个大家庭。我们的病友可以轻松地在這裡度过一整天的休闲活动，如舞蹈，运动，夏威夷四弦琴，绘画班和玩游戏。为了确保他们有足够的能量和营养，我们的营养师与厨师和关怀部的同工都密切合作提供美味营养餐。

○ 营养咨询

除了在使用餐期间与病友交流之外，我们的营养师还会提供个人营养咨询。这服务让他们勇于发问并了解如何改善自己的饮食。超重和肥胖是癌症的风险因素之一，因此我们也帮助病友达到健康体重。

○ 营养传播

每个人都可以通过享受健康的饮食，锻炼身体和保持健康的体重来降低患癌风险。这些健康生活习惯也能降低其他慢性疾病的风险。我们的营养师为了传播营养信息经常举办健康讲座和超市之旅。如有兴趣，请多多留意我们的Facebook和Instagram页面！

REFLECTIONS

感想

► Pek Nam Kee 白南记



I am Pek Nam Kee, 56 years old. Two years ago, I was diagnosed with colon cancer, and I underwent chemotherapy and resection in the same year. After a long arduous fight, my weight dropped from 90kg to approximately 60kg.

During that time, I had a thought that I should gain back the lost weight after chemotherapy.

Therefore, I started taking tonics to help me gain weight. Of course, my target was achieved.

Later, I joined 365 Cancer Prevention Society as a member by coincidence, and took part in the nutrition consultation. Under constant follow-up by the nutritionist, I realised that I was mistaken; I did gain weight, but it did not help in getting sufficient nutrient intake for my body.

Through nutrition consultation, I had a better grasp on the recommended food intake required every day: 50% vegetables, 25% meat (chicken or fish) and 25% brown rice.

There was one time when I attended an activity, and saw the lunch prepared by the society for cancer fighters at the Day Activity Centre. The food was of different colours, giving it an attractive and appealing look. Then, I thought, this might help change the dietary habits of a meat-eater like me! At the same time, I also took a photo of the colourful food and sent it to my children, telling them that I wanted to join the Day Activity Centre and restore my body and health through having a proper diet. My children were very supportive and encouraged me to join. Just like this, with the help of nutritionist and the volunteers at the Day Activity Centre, I began working hard to change my dietary habits.

A piece of good news that I wish to share with everyone is; I previously had to undergo routine check-up once every half a year but it was changed to once a year after consultation with the doctor. I am definitely glad to see my health condition improving day by day.

On the journey of fighting cancer, I am still working hard. How about you?

我是白南记,今年五十六岁。我在两年前被确诊患上大肠癌,并且在同一年进行了化疗及切除手术。经历了这一连串的抗战后,我的体重从原本的九十公斤下降至六十公斤左右。当时的我有一个观念,那就是在我化疗后,需要恢复以前的重量。因此,我便开始以进补的方式来帮助自己增加体重。当然,我的目的达到了。

后来,我在一次偶然的情况下来的365防癌教育协会成为会员,并且尝试了营养咨询的服务。在营养师持续的跟进下,我才恍然大悟,原来,我的观念是错误的。虽然我的体重有增加,但其实这并没有帮助我的身体吸取足够的营养。

透过营养咨询,我也开始了解自己每天所需要的食物量。那就是50%的蔬菜,25%的肉类(鸡肉或鱼肉)及25%的糙米。

有一次,在参加协会的活动时,我看到协会为参加日间中心的生命斗士预备的午餐,不同的颜色让食物看起来很吸引,我心想,或许这能帮助我这肉食者改变饮食吧!同时,我也把带有不同颜色的食物拍照发给儿女们,并且表示我想要参加日间中心,透过饮食调养自己的身体。我的儿女们都非常鼓励我。就这样,在营养师及日间中心的帮助下,我也进入了改变饮食习惯的努力中。

让我非常高兴并且想和大家分享的是,每半年复诊一次的我,也在医生检查后,决定让我改为每一年做一次的例行复诊检查,可见我的身体都在进步中。

在抗癌的路上,我还在努力,你呢?





► Tan Ey Siang 陈爱祥

I am Tan Ey Siang, and I was previously diagnosed with Stage 2 cancer. All these while, I rarely ate meat, and I maintained a balanced diet by taking more rice, vegetables and fruits. After I started work, I rarely had the time to exercise. My body gradually weakened, and my health condition deteriorated further after the surgery. This depressed and worried me deeply every day.

Fortunately, I was introduced to 365 Cancer Prevention Society (365CPS) through my good friend. The nutritionists at the society were very professional and I learnt a lot from them with regards to eating healthily. One example was the “Healthy Eating Plate”, a recommended guideline of the portions of different types of foods to have in our diet. It helped me plan a balanced diet and helped me understand the importance of having meat in our diets too. In addition, I also participated in various activities. Not only did I develop healthier dietary habits, I also gained weight, and my low blood pressure was restored to its normal level. Gradually, I became stronger and healthier.

Lastly, I am very grateful to 365CPS. I hope that all the patients who need help can recover as soon as possible, and **bravely overcome all challenges with the support and care from the society.**

我是陈爱祥，一名患上第二期恶性肿瘤的病人。我向来很少吃肉类食物，多靠吃饭、蔬菜和水果来维持饮食的均衡。上了班以后，也很少有时间去运动。渐渐地，我的身体情况很差，也导致手术后的我变得更是虚弱，这使得我每天都很悲伤和担心。

很庆幸地透过好友的介绍我来到了365防癌教育协会（365CPS）。协会里的营养师都很专业，在健康饮食指导方面让我学习到不少知识，像是“健康营养餐盘”，运用食物比例来帮助我规划营养均衡的膳食，也令我明白摄取肉类食物也是相当重要。

此外，我还参与协会举办的活动，不仅饮食习惯得到了改善，我的体重也有所增加，偏低的血压也变得正常了，整个人都变得越来越健康了。

最后，我非常感谢365CPS，也希望需要帮助的病友们能尽快恢复健康，在协会的陪伴下，

勇敢战胜一切。





Brenda Cheng 郑琳

My name is Brenda and I have just turned 57 years old this year. I was diagnosed with breast cancer in August 2009, thankfully through a free body checkup. It was through the doctor's examination that a small lump was detected in my breast and I was advised to go for a mammogram. Through the mammogram, I was advised to go for a biopsy and through that painful biopsy, it was confirmed that the lump is malignant. I had a lumpectomy, which is to take out the tumor and had 32 sessions of targeted radiotherapy.

My most difficult time started from the biopsies to even present time. As I did not take medical leave from work, I had to bear all the pain during and after my biopsies, operations and treatments. I choose to shuffle between work and treatments because I was afraid of losing my job and income. Due to my cancer, I was also cautious and paranoid over my diet.

Through all the pains, aches and confusions, my family made me persevere on. I did not want to burden and make them worry about me. I did not want them to see my health deteriorate. I did not want to suffer more physical pain or dwell in self-pity. Thus, I chose to seek help. However, I did not know of a place which could help me at that point of time. Wherever and whenever there were talks and seminars, I would register to attend so as to learn more about my cancer, and the do's and don'ts for cancer patients.

Along the way, I met some 365 Cancer Prevention Society (365CPS) fundraisers and was given brochures, and heard some people talking about 365CPS' love lunches. Out of curiosity, I visited the Society's website and called to join 365CPS as a member. Along the way, I also joined the Society's activities such as line dancing, detox exercise, ukulele, and singing classes. These classes are therapeutic to the body, mind and soul. They helped in my body and mind restoration.

我叫郑琳,今年刚满57岁。2009年8月,我接受了免费的体检,及早诊断出患有乳腺癌。医生检查后发现我的乳房有一个小肿瘤,并建议我接受乳房X光检查。在X光检查之后,我又接受了活组织检查。活组织检查很痛,最后还证实肿瘤是恶性的。于是我进行了乳房肿瘤切除手术,取出肿瘤,并接受了32次靶向放射治疗。

我最困难的时期是从活组织检查甚至到现在也是如此。由于我没有休病假,所以我必须承受活检手术、治疗期间和之后所有的痛苦。我之所以选择在工作 and 治疗之间徘徊,是因为我害怕失去工作和收入。也因为患上癌症,我对我的饮食也格外谨慎和注重。

经历这一切所有的痛苦、疼痛和困惑,是我的家人使我坚持不懈。我不愿加重他们的负担并担心我,不希望他们看到我的健康状况恶化,我更不想经受更多的身体痛楚或生活在自怜之中。

因此,我选择寻求帮助。然而,我不知道何时何处能够得到帮助。所以不管何时何处有举行会谈和研讨会,我都会报名参加,以帮助我更多地了解我的癌症以及身为癌症患者所要注意的相关事项等。

在这段期间,我遇见了365CPS的筹款义工,他们给我派了传单,我还听人谈起365CPS的爱心午餐。出于好奇心,我浏览了他们的网站,阅读网站所有的信息。于是我给他们打电话,成为会员。

在365CPS的这段期间,我也慢慢注意到他们也有排舞、排毒运动和舞蹈等活动。接着,四弦琴班、歌咏班也开始授课了。这些课程都是对生理、心理和精神的的治疗,能够帮助生理和心理的复原。



“CANCER IS NOT A DEATH SENTENCE 癌症不是死刑。”

I am happy that 365CPS has made a warm and a homely place for me to find support and community in my struggles. Services such as health talks, activities, outings, counselling sessions were all beneficial to us cancer patients. I am grateful for all these providences.

To all volunteers, thank you for all your care, love and warmth. Your time and effort have indeed benefitted many!

To all donors, I sincerely thank you for the donations with heartfelt gratitude and appreciation. Your donations have gone far to help and benefit many patients and cancer survivors.

To all patients and survivors, “Cancer is not a Death Sentence”, “There is Life after Cancer!” **Be Positive and Fight On!** You are not alone, you do not walk alone, no one walks alone!

“You are not alone,
you do not walk alone,
NO ONE WALKS ALONE!
你不是一個人面对。”

我很高兴365CPS能成为每一位病友及康复者的温暖的家，尽心提供包括健康讲座、餐饮、活动、郊游、辅导等服务。我感谢所有这些上天赐给我们的恩典。

对所有的义工，我要说声谢谢。谢谢你们在365CPS的无私奉献，细心地照顾我们，付出你们的爱心和散播温暖，更是投入时间尽心服务，让许多人因此受益。

对所有捐助者，我也心怀感恩，衷心感谢你们的捐献。你们的捐助帮助了所有病友和康复者，每一分钱和每一份捐助，都帮助了不幸患病的贫困、需要帮助的病友，也让我们能够有个地方进行复健。

我还要勉励病友和康复者，癌症并不是死刑，雨后会出现彩虹。积极面对人生，继续努力，你并不孤单，在这条路上你不会独行，也没有人会独行，我们会互相扶持。





HOW TO PREVENT CANCER

如何预防癌症

Cancer places a huge emotional and economic burden not only on the patients but also their family and caregivers. Therefore, cancer prevention is one of the most significant public health challenges of the 21st century. Based on the latest nutrition science evidence, the World Cancer Research Fund International has recently made a set of recommendations to prevent cancer.

These sum up a way of life that gives people the confidence to reduce their risk of cancer and other diet-related chronic diseases. The most benefit will be gained when all the recommendations are followed. Although the onus to adhere to the recommendations falls mainly on the individual, 365CPS would like to take this opportunity to remind you to:

1. Keep your body weight within the healthy range and avoid further weight gain
2. Be physically active as part of everyday life - walk more and sit less
3. Make wholegrains, vegetables, fruit and legumes such as beans and lentils a major part of your daily diet
4. Limit consumption of processed foods high in fat, starches or sugars
5. Eat no more than three portions of red meat per week (i.e. 350-500 grams/week) and eat little, if any, processed meat such as ham, bacon and luncheon meat
6. Drink mostly water and unsweetened drinks
7. Avoid alcohol
8. Aim to meet nutritional needs through diet alone and avoid supplements for cancer prevention
9. For mothers, breastfeed your baby if you can
10. Follow the above recommendations as far as possible after a cancer diagnosis (unless otherwise advised by a doctor)

癌症不仅给患者带来沉重的情绪和经济负担,也给他们的家人和看护人带来了巨大的负担。因此,预防癌症是21世纪最重要的公共卫生挑战之一。根据最新的营养科学证据,世界癌症研究基金会最近提出了一系列预防癌症的建议。

这些总结了一种生活方式,使人们有信心降低患癌症和其他与饮食有关的慢性疾病的风险。遵循所有建议将让您获得最大利益。

虽然遵守建议的责任主要落在个人身上,但365CPS想借此机会提醒各位:

1. 保持体重在健康范围内,并且避免增加体重
2. 作为日常生活的一部分,让自己身体活跃 - 多走路,少坐
3. 使全麦,蔬菜,水果和豆类成为日常饮食的主要部分
4. 避免或少吃高脂肪,高淀粉或高糖的加工食品
5. 每周吃不超过三份红肉(一周约350-500克),并且避免或少吃加工肉类,如火腿,培根和午餐肉
6. 主要喝水和不加糖的饮料
7. 避免饮酒
8. 主要通过饮食来满足营养所需,以避免所谓预防癌症的保健品
9. 如果您身为母亲,可以的话,以母乳喂养宝宝
10. 癌症诊断后尽可能遵循上述建议(除非医生另有建议)



SALSA CHICKEN SERVED WITH RED RICE 莎莎鸡配糙米

Ingredients

2 chicken breasts (about 250 g)
Olive oil
Salt and pepper
Red rice, soaked and cooked

For Salsa

1 small red onion, finely chopped
2 small tomatoes, deseeded
and diced
½ Japanese cucumber, finely diced
1 red chilli, deseeded and
finely chopped
Small handful of fresh coriander
leaves, chopped
Juice of 1 lime

材料

2片鸡胸肉 (约250克)
橄榄油
盐和黑胡椒
糙米, 浸泡和煮熟

莎莎酱

一粒小红洋葱, 切碎
两粒小番茄, 去籽和切块
半条日本黄瓜, 切成丁
一条红辣椒, 去籽, 切碎
少许新鲜的香菜, 切碎
一粒分量的青柠汁



Directions

1. Remove the skin from the chicken breasts. Using kitchen scissors, cut each breast in half lengthways. Brush with the oil and season well with salt and pepper.
2. Heat a thin layer of olive oil in a pan. Add the chicken breasts and cook thoroughly.
3. Meanwhile, make the salsa. Mix together the onion, tomatoes, cucumber, red chilli, and coriander. Blanch in boiling water for 10 seconds and drain well. Season well with salt, pepper and lime juice.
4. Serve chicken hot with the salsa together with red rice.

煮法

1. 去除鸡皮后, 对半剪开鸡胸肉。把橄榄油涂抹在鸡肉上, 然后用少许盐和胡椒调味。
2. 先将锅高温烧开, 加入少许橄榄油。然后放入鸡胸肉两面煎香至熟透。
3. 同时开始制作莎莎酱。除了青柠汁, 将所有莎莎酱的材料混合, 然后在沸水中焯10秒钟并排干。加入青柠汁, 盐和胡椒调味。
4. 鸡肉煎好上盘淋上莎莎酱配与糙米饭, 美味上桌。

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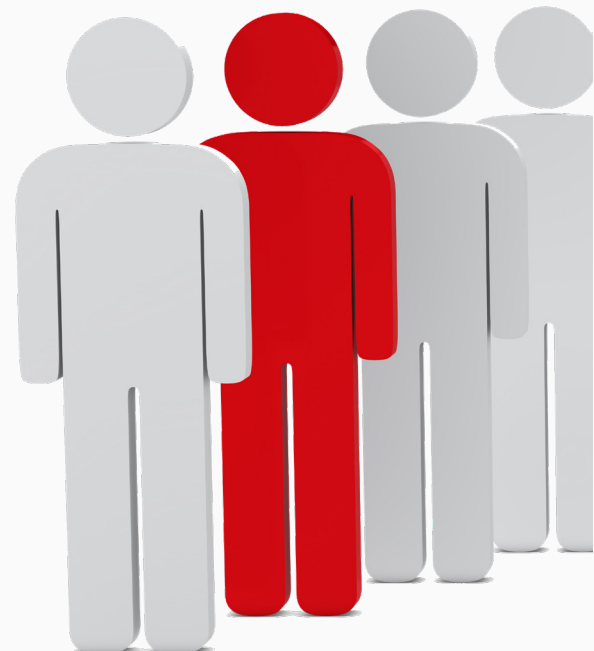
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UPCOMING EVENTS 近期活动

▶ COMMONWEALTH (CW) SCHEDULE

October

4/10 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
6/10 - Love Lunch @ St Andrew's Community Hospital
27/10 - Love Lunch @ CW Day Activity Centre

November

1/11 - Love Lunch @ Bukit Batok Reach Youth Powerhouse
10/11 - Love Lunch @ St Andrew's Community Hospital
24/11 - Love Lunch @ CW Day Activity Centre

December

12/12 - Christmas Party @ CW Day Activity Centre

For Clients Only

Monday - Detox Exercise, Vocal Class, Karaoke

Tuesday - Line Dance, Handicraft Class

Wednesday - Support Station/Nutrition Station,
Cooking Class, Smart Phone Class

Thursday - Intermediate Ukulele Class, Art Class

Friday - Basic Ukulele Class,
Chinese Calligraphy Class

十月份

4/10 - 爱心午餐于武吉巴督
6/10 - 爱心午餐于圣安德烈社区医院
27/10 - 爱心午餐于联邦日间活动中心

十一月份

1/11 - 爱心午餐于武吉巴督
10/11 - 爱心午餐于圣安德烈社区医院
24/11 - 爱心午餐于联邦日间活动中心

十二月份

12/12 - 圣诞节派对于联邦日间活动中心

课程只限会员

星期一：淋巴排毒操，声乐课，卡拉OK

星期二：排舞，手工课程

星期三：生命加油站/营养加油站，
烹饪课程，手机基本教程

星期四：Ukulele中级课程，绘画课程

星期五：Ukulele初级课程，书法课

▶ ANG MO KIO (AMK) SCHEDULE

October

13/10 - Love Lunch @ AMK Day Activity Centre

November

10/11 - Love Lunch @ AMK Day Activity Centre

December

8/12 - Christmas Party @ AMK Day Activity Centre

For Clients Only

Monday - Art Class, Zumba Gold

Tuesday - Detox Exercise, Calligraphy

Wednesday - Support Station, Cooking Class

Thursday - Bong bong Detox Dance, Ukulele

Friday - Art Class, Vocal Class

十月份

13/10 - 爱心午餐于宏茂桥日间活动中心

十一月份

10/11 - 爱心午餐于宏茂桥日间活动中心

十二月份

8/12 - 圣诞节派对于宏茂桥日间活动中心

课程只限会员

星期一：绘画课，尊巴

星期二：淋巴排毒操，书法

星期三：健康讲座，烹饪课程

星期四：有氧舞蹈，乌克兰丽

星期五：绘画课，声乐班

Lessons are subjected to changes.
Please contact the Society for the latest update. Thank you!
课程可能会有变动。若需要更多详情，请联络协会。谢谢！

365淋巴排毒操

Ang Mo Kio Town Garden West (Opp. AMK Community Library) Tue to Sat, 6.30am Helen @ 9655 0709	639 Bedok Reservoir Rd Badminton Court Thu, 8pm Bok Soon @ 9679 1686	Bishan Park Mon to Fri, 6am 丽清 @ 9171 1144	9 Toh Yi Drive Mon to Fri, 6am (Garden); Sat, 6am (Basketball Court) Wong Lan Hiang @ 97940076
Bukit Gombak Stadium Mon to Sat, 7am 美美 @ 92250303	Commonwealth Field Mon to Sat, 6.45am Flossie @ 8198 9218	Blk 9 Holland Avenue Every Tuesday 8pm Monica @ 98292387	407 Yishun Ave 6 Mon to Fri, 6.30am 丽芳 @ 9878 5513
Bedok Reservoir Park Mon to Fri, 7.50am 翠玲 @ 90045360	704A Pasir Ris St 72 Mon to Fri, 7.30am Hai Wee @ 9451 1907	106 Simei St 1 Street Soccer Court Tue & Fri, 7.15am Judy @ 9799 3948	149 Simei St 1 Badminton Court Mon to Fri, 7.30am; Sat, 7.15am Bok Soon @ 9679 1686
494C Tampines Ave 9 Void Deck Mon to Sat, 7.30am Bok Soon @ 9679 1686	257 Tampines St 21 Mon to Fri, 7.20am except Thu; Wed, 8.30pm 淑霞 @ 8288 4679		

Please contact the respective detox exercise instructor for the latest update of classes.
 请联络相应地点的排毒操老师来询问课程详情。

REGISTER
 AS CLIENT
 成为我们的
 会员



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

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, counseling and therapy services.

As a non-profit organization, 365 Cancer Prevention Society depends on public donations to fund all its services and programs.

Advisors

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

Management Staff

Executive Director : Mr Ben Chua
 Programs & Services Director : Mr Khoo Chu En
 HOD, Corporate Services : Ms Arlinda Chen
 HOD, Programs & Services : Ms Kelly Kuo

Executive Committee

President : Dr Eric Chiam
 Vice President : Mr James Chia
 Honorary Secretary : Mr Tan Soo Kee
 Honorary Treasurer : Mr Lim Wee-Lim
 Honorary Assistant Secretary : Dr Raymond Yuen
 Honorary Assistant Treasurer : Ms Ang Pei Wen
 Member : Mr Joshua Slow,
 Ms Frances Loy,
 Prof Lim Kah Meng,
 Ms Anna Phua,
 Mr Andrew Pang,
 Mr Sam Ang

关于我们

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，教导大众过一个健康的生活。

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

365防癌教育协会是从“身、心、灵”三个方面入手，缺一不可。目前，协会开设的服务包括运动指导，如排毒操和有氧舞蹈、食疗实践、心理辅导以及心灵关怀四大项目。

顾问团

名誉顾问：张仰宾博士
 法律顾问：吴微良先生，
 钟通昌先生

管理层

执行长 : 蔡德森先生
 服务与项目总监 : 丘主恩先生
 企业服务部门主管 : 陈美珍小姐
 服务与项目部门主管 : 郭凯丽小姐

执行委员团

会长 : 詹顺祥博士
 副会长 : 谢松兴先生
 秘书 : 陈树基先生
 财政 : 林伟林先生
 副秘书长 : 袁泉芳医生
 副财政 : 洪佩文小姐
 委员 : 萧子强先生, 黎文雯小姐,
 林家明教授, 潘秀霞小姐,
 冯国明先生, 洪汇权先生

365 Cancer Prevention Society 365 防癌教育协会

Office: 1 Commonwealth Lane, ONE COMMONWEALTH Building, #03-10, Singapore 149544.
 DAC (Commonwealth): 1 Commonwealth Lane, #03-25/26, One Commonwealth, Singapore 149544.
 DAC (Ang Mo Kio): Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621.

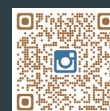
Donor Hotline: 6323 2012 365CPS Hotline: 6337 3368



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