

A HEALTHY YOU, A HAPPY COMMUNITY

健康的你，快乐的社区

SALT AND REDUCING SODIUM INTAKE

*What is a healthier type of salt to use
in our daily cooking?*

盐和减少钠摄入量

在日常烹饪中，哪种盐比较
健康？

*Life will become more
exciting and there is no
need to face this battle
against cancer alone.*

你的生活会变得多姿多彩，
不需要闷在心里一个人面对。

- Grace Lai
黎意娟

SPECIAL MENU FOR THIS MONTH

Sweet Potato Pasta Salad

本月特别食谱

番薯意大利面沙拉



CONTENTS

01

LOVE LUNCH AT THE SOCIAL SERVICE CENTRES (SSCs)
社区服务中心的爱心午餐

02

NG AH THYE EVELYN'S TESTIMONY
吴運娣的分享

JENNY LIM'S TESTIMONY

LEE YEW MING'S TESTIMONY
李耀明的分享

04

GRACE LAI YEE KUEN'S TESTIMONY
黎意娟的分享

05

**LIVER CANCER:
WHAT YOU SHOULD KNOW**
肝癌：您应该知道的重要常识

06

**SALT AND REDUCING
SODIUM INTAKE**
盐和减少钠摄入量

07

**SWEET POTATO PASTA
SALAD RECIPE**
番薯意大利面沙拉食谱

08

#MY1STMAMMO FUNDRAISING
#MY1STMAMMO 筹款活动

09

UPCOMING EVENTS
近期活动

10

ABOUT US
关于我们



LOVE LUNCH AT THE SOCIAL SERVICE CENTRES (SSCs)

社区服务中心的爱心午餐

365 Cancer Prevention Society (365CPS) regularly hosts events known as "Love Lunch" to educate the public on cancer and encourage a cancer-fighting lifestyle.

Our Love Lunch event is conducted once a month at Social Service Centres from 9.30 a.m. to 12.30 p.m. on Saturdays. The Love Lunch event hosted by the Society aims to benefit the public in various ways:

1. Specialist doctors are invited to conduct talks to share on specific health topics, especially on types of cancer, their precursory signs, prevention, and treatment methods. It also includes talks on mental health and healthy diets;
2. Detox exercises to promote good health;
3. Provision of free healthy lunches;
4. Allowing patients battling cancer to have access to appropriate support.

At the start of our Love Lunch, a Detox Exercise instructor would teach detox exercises for half an hour, followed by a health talk conducted by a doctor. The talks are usually conducted in either Chinese or English. At the end of the talk, the audience would be invited to ask questions and clarify their doubts. The event then ends with everyone enjoying their free healthy lunch.

Love Lunch is a programme that promotes cancer prevention, mental and physical wellness through Detox Exercises and free lunches to encourage the public to eat healthily. We hope that residents residing near the Social Service Centres can join us to learn more about cancer, live a healthy lifestyle and also take this opportunity to interact with other residents in the community. We warmly welcome everyone to come and take part in Love Lunch hosted by the Society. To indicate your interest, please contact us at 63373368.

365 防癌教育协会主办的“爱心午餐”，目的是要让公众能更加了解癌症与鼓励大家过着防卫癌症的生活。

“爱心午餐”在各别的社区服务中心，在周六的上午9点30分至12点30分都会举办一个月一次性的节目。协会定期所主办的“爱心午餐”旨在多方面造福大众：

1. 通过专科医生分享专题健康讲座，尤其是注重对癌症的种类，患前征兆，预防，治疗及养生的讲解。此外，专题讲座也包含了心理与饮食健康讲座；
2. 促进身体健康的排毒操运动；
3. 提供免费的健康午餐；
4. 让抗癌勇士在协会内获得适当的支援服务。

在“爱心午餐”的活动，开始的时候是由排毒操老师教导半小时的排毒操，接着就是聆听健康讲座。讲座将会以中文及英语，每月轮流进行。在讲座结束前，我们会邀请观众提出问题并解答他们的疑问。过后，我们将会以享用健康午餐来结束当天的爱心午餐活动。

“爱心午餐”的活动旨在推动和传播防癌的知识，通过排毒操来强健心理和身体的健康及供应免费午餐以鼓励大众建立健康的饮食习惯。通过“爱心午餐”，我们希望能和住在社区服务中心附近的居民一起来学习和了解如何防癌与抗癌，同时也为增进居民之间的沟通与互动。欢迎大家来参与协会所举办的“爱心午餐”。若您想知道更多详情，请拨电63373368联系我们。



MY "LOVE LUNCH" EXPERIENCE

NG AH THYE EVELYN 吴運娣

Participant
参与者

Overall, the love lunch event is very well-organized. The topics are relevant and enhance my knowledge. I also managed to clear my doubts with the doctor who was invited to speak. The bento lunch is well packed, nutritional and sufficient. I can even choose to bring it home, should I choose not to eat at the Centre.

总的来说，爱心午餐活动组织得非常好。这些主题是相关的，并提升了我的知识水平。我也能与受邀演讲的医生通过咨询消除了心里的疑虑。午餐便当的包装很好，营养充足。若我选择不中心吃饭，我也可以把午餐便当带回家。



JENNY LIM

Participant
参与者

I enjoy the Lymphatic Detox exercises as it helps to stretch out my muscles. I feel good after doing it and follow their videos as my daily exercise routine. The Bento lunch is healthy, tasty and packed with carbohydrates and proteins. I also attended a health talk which was easy to understand. All the staff are very friendly, which puts people at ease even when attending a talk on a serious topic like cancer. Overall, the talk increased my awareness of cancer prevention and treatment.

我喜欢练习淋巴排毒操，因为它有助于伸展我的肌肉。在通过跟随他们的视频示范来作为我的日常锻炼程序后，我的身体感觉良好。他们供应的便当午餐健康、美味，富含碳水化合物和蛋白质。我还参加了一个简单易懂的健康讲座。所有的工作人员都非常友善，他们让我在参加癌症等严肃话题的讲座时感到轻松自在。总的来说，这次的讲座增加了我对癌症预防和治疗的认识。



我的“爱心午餐”的经历

LEE YEW MING

李耀明

Participant
参与者

“

During my hospitalization leave, I began to read up about ways to lead a healthier life. Hence, I joined 365 Cancer Prevention Society. I participated in some of their activities and benefitted from their love lunches.

I love their love lunches as I know they have taken effort to prepare healthy meals for cancer survivors like us. I especially enjoy the meals when it was buffet style (prior to COVID19), where we would be able to help ourselves to more food. I eat the food feeling at ease, knowing they are healthy and well balanced. Eating and chatting with people who share the same plight as me really lifted my mood as I know that I am not alone. I really enjoy the sessions at the Social Service Centre.

I cannot thank 365 Cancer Prevention Society enough for all the activities and healthy lunches they have painstakingly organized and prepared. Keep up the good work!

在我住院期间，我开始阅读有关健康生活的方法。因此，我加入365防癌教育协会。我参与协会的一些活动，并且从协会的爱心午餐获益。

我喜欢爱心午餐，因为我知道他们努力地为这些抗癌人士提供健康膳食。在2019冠状病毒疾病之前，我特别享受自助餐式的膳食，因为我们可以享用更多的食物。得知爱心午餐的膳食是健康和均衡，我吃得很放松。当我和一群经历相同的抗癌人士吃饭聊天时，我心情变好，因为我知道我并不孤单。我真的很享受社区服务中心的活动。

我非常感谢365防癌教育协会所筹备和准备的活动和健康午餐。继续加油!

”



GRACE LAI YEE KUEN'S TESTIMONY

黎意娟的分享

My name is Grace Lai and I am 60 years old this year. Back then, I felt pain in my legs and waist, so I visited the doctor. After undergoing an MRI, I was diagnosed with Stage 4 breast cancer. I followed my doctor's advice to go for treatment, and he also told me about 365 Cancer Prevention Society (365CPS).

After joining 365CPS, my life has become busier. I attend the virtual exercise session every morning and participate in line dance and detox exercises. Every Friday afternoon, there is KOPI CHAT, where there will be a topic for us to discuss. I befriended some cancer fighters who were very positive, and that has also lifted my mood and made me a more vibrant person. I have learnt to include more high-protein foods in my diet which boosted my confidence in preparing meals and clarified my misconceptions about cancer.

I am very lucky to have participated in two counselling workshops. I've learnt to slow down in my speech and to breathe steadily to calm myself down. I have also started to set personal goals and exercise more, eat more and talk less.

I would like to thank the volunteers and donors of 365CPS. Your contributions have changed the way I lead my life. I will live every day to the fullest and help even more people. To other cancer fighters: do not give up! Even if you fall, always get up and try again. We are never alone. At 365CPS, everyone supports one another.



我是黎意娟，今年60岁，是一名乳癌患者。

我记得当时脚和腰感觉疼痛，就去看医生。做MRI后，结果发现是乳癌第四期了。我听从了医生的建议去接受治疗。他也与我分享关于365防癌教育协会的活动。

自从我参加了365CPS的节目，我的生活变得更忙碌。每天早上，我就参入线上的运动课。我也参加了排舞、排毒操、氧运动等等活动。每个星期五中午也有KOPI CHAT（咖啡谈），每次都有一话题让我们讨论。同时，我也认识了一群朋友。虽然他们都患有癌症，却很乐观，也令我变得更开朗。在饮食治疗师的指导下，我学会了如何吸取全面的营养，更加了解选择高蛋白的食物，让我在饮食方面更有信心地去准备我的每一餐。我也有机会澄清了我对癌症的误解。

我也很幸运，能参与两次的辅导工作坊。从中，我学习到说话要慢，以及如何用呼吸让自己平静下来。我也学会怎样重新看待自己，重新出发，这让我对人生又再充满信心了。我开始有了新的目标，开始重新规划我的人生，开始改造自己，变得积极，鼓励自己多运动，多吃，少说话。

我想感谢所有365CPS的义工和捐款者——你们的努力没有白费，你们的付出真的改变了我们接下来的日子。就算我所剩的日子不多，我也会把我的每一天过得很美好。我也希望我有机会在这领域做出一份贡献，去帮助更多的人。

我也鼓励其他的抗癌勇士——你们别放弃！你们要记得，不管跌倒多少次都要爬起来，我们365CPS有一群抗癌勇士在，大家一起互相鼓励。



LIVER CANCER: WHAT YOU SHOULD KNOW

肝癌：您应该知道的重要常识

The liver breaks down drugs and alcohol and gets rid of toxins in the body. We asked Dr. Robert Lim, Senior Consultant in Medical Oncology, to tell us more about liver cancer.

How common is liver cancer?

Liver cancer can affect anyone. However, people with conditions including hepatitis B or C, heavy alcohol consumption, and cirrhosis (in which the healthy tissue is replaced by scar tissue) are at a higher risk.

According to Dr. Lim, liver cancer is the fourth most common cancer in males in Singapore and ranks high in cancer deaths in females.

The most common primary type starts in the liver cells or in the cells lining the bile ducts. Secondary liver cancer is cancer that has spread to the liver from cancer that started in another part of the body.

How do I know I have liver cancer?

"We diagnose using ultrasound scans, MRI or CT scans, and blood tests. A biopsy may be necessary at times as well to help conclude that it is indeed liver cancer," Dr. Lim explained.

"For high risk patients, we advise them to go for regular ultrasound scan of the liver every 6-12 months with a blood test," he advised.

Liver cancer may present differently. Unfortunately, symptoms are usually only present in later stages of liver cancer such as jaundice, yellowing of the eyes, weight loss, fatigue, or pain.

What are the treatment options?

"For early stage, surgery or liver transplantation are possible options. If these are not possible, we can direct treatments to the liver by using heat to shrink the tumor or deliver chemotherapy together with blocking blood vessels directly leading to the liver tumor. Both are non-surgical techniques," Dr. Lim explained.

People who have advanced liver cancer may consider a targeted therapy drug. "These drugs target cell signaling within cancer cells that allow cancer to grow. Most recently, immunotherapy has made significant improvements in terms of its ability to shrink, control liver cancer and prolong survival time," he added.

- Dr. Robert Lim,
Medical Oncologist at Farrer Park Hospital

To find out more about the stages of liver cancer and treatment options, please visit www.farrerpark.com.

肝脏能滤除药物和酒精，以及清除体内的毒素。我们邀请肿瘤内科的高级顾问医生林成祥医生，为大家讲述一些关于肝癌的知识。

肝癌的发病率有多普遍？

肝癌可能发生在任何人身上。有B型或C型肝炎在身、酗酒以及存在肝硬化（即肝脏的健康组织被疤痕组织所取代）等情况的人士会面临更高的风险。

林医生分享，肝癌是新加坡男性的第四大常见癌症，也在女性致死率癌症中排在高位。

最常见的原发性肝癌通常始于肝细胞或胆管内壁细胞。继发性肝癌则是从身体其他部位开始，然后扩散至肝脏的癌症。

如何知道自己是否患上肝癌？

"我们使用超声波扫描、磁共振成像 (MRI) 或电脑断层成像 (CT) 扫描以及验血来进行诊断。有时，也可能需要进行活检，确定是否是肝癌，" 林医生解释道。

他劝吁："对于高风险患者，我们建议每6到12个月接受一次定期肝脏超声波扫描和血液检查。"

肝癌可能会呈现不同的症状。不幸的是，这些症状通常会在肝癌晚期才出现，例如黄疸、眼睛发黄、体重减轻、疲倦或疼痛等。

有哪些治疗选项？

"对某些早期阶段的特定病例，手术和肝脏移植是一项选择。如果这些都无法进行，我们可以通过加热使肿瘤缩小或者实施化疗，直接对肝脏进行治疗，并阻断那些直接通向肝脏肿瘤的血管。这两种都是非手术治疗技术，" 林医生解释。

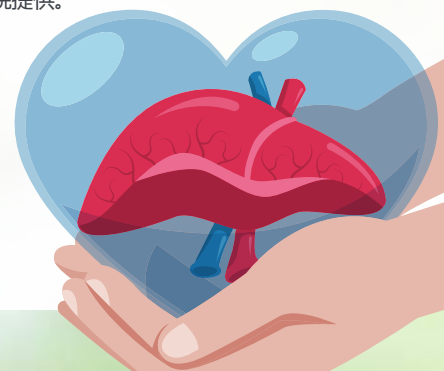
晚期肝癌患者可以考虑使用靶向治疗药物。"这些药物是对付癌细胞内部为促使癌症生长所发出的细胞信号。近年来，免疫疗法缩小和控制肝癌以及延长患者生存时间的能力都取得了显著的进步，" 林医生补充道。

- 林成祥医生，花拉公园医院肿瘤内科

若想了解肝癌的阶段和治疗方案，请浏览斐瑞医院的网站 www.farrerpark.com。

*This article was provided by Farrer Park Hospital.

*本文章由斐瑞医院提供。



SALT AND REDUCING SODIUM INTAKE

盐和减少钠摄入量

Salt is composed of 40% sodium and 60% chloride minerals. We need a small amount of sodium for a few metabolic functions: Muscle contraction and relaxation, generation of nerve impulses and mineral concentration balance.

High sodium intake can lead to many health problems like hypertension and even cancer. Singaporeans consume 9 grams of salt daily, which is more than the daily recommendation of 5 grams per day (equivalent to 2400mg of sodium) by the World Health Organisation and Health Promotion Board.

What is the best type or healthier type of salt to use in our daily cooking? Let's explore the types of salt and the sodium content that are currently available in the market:

Type of Salt	Sodium Content per 100g
Table salt	39173mg
Sea salt	39000mg
Bamboo salt	33400mg
Rock salt	39472mg
Low sodium salt 低钠盐	24100mg

(Data collected from a few brands of salt available in supermarkets)

There is little difference between salts in sodium content per 100g when compared to other salt types. With the exception of low sodium salt, the sodium content ranges between 33000 and 39500 mg. Low sodium salt contains about 30% less sodium than other salts. In order to decrease our sodium intake, low sodium salt is certainly the best option here.

What about Monosodium Glutamate (MSG)? Can it be used as a salt alternative in our meals? MSG is a common seasoning used in Asian cuisine provide an umami flavor to food and give it a savoury or meaty taste. Because the sodium content of MSG is only one-third that of salt, it has been argued that it can replace salt. WHO and United States Department of Agriculture have certified MSG as safe for consumption. In spite of its lower sodium content, it should be consumed in moderation, not exceeding the recommended limit of 2400mg sodium per day.

Here are some tips to reduce sodium intake from meal preparation:

1. Flavor broths/soups with natural ingredients, such as chicken, prawn, carrots, corn, radish, mushrooms, seaweed, kelp, dates, gojiberries, etc.
2. Use herbs and spices such as cinnamon, pepper, coriander, ginger, thyme, turmeric, rosemary, etc. for seasoning food.
3. Adding citrus zest, such as lemon or lime, can also enhance the taste of food.
4. Consider using low-sodium salt and only add it in at the very end of your cooking process.

盐由40%的钠和60%的氯化物矿物质组成。我们需要少量的钠来完成一些代谢功能：体内的肌肉收缩和放松、神经冲动的产生和矿物质浓度平衡。

高钠摄入量会导致许多健康问题，如高血压甚至癌症。新加坡人每天摄入9克盐，也就是超过了世界卫生组织和健康促进局建议的5克盐摄入量（相当于2400毫克钠）。

哪些盐会是我们日常烹饪中更健康盐的选择呢？让我们来探索一下目前市场上可以买到的盐的种类和钠含量：

盐的种类	每100克钠含量
食盐	39173mg
海盐	39000mg
竹盐	33400mg
岩盐	39472mg
低钠盐	24100mg

(数据来自超市里提供的几个品牌)

除了低钠盐之外，每100克其他盐的钠含量差异不大，落在33000至39500毫克之间。低钠盐的钠含量比其他盐少30%。它将会是帮助我们控制钠摄入量的最佳选择。

那味精呢？味精的化学名称为谷氨酸钠（MSG）。它可以在我们的膳食准备中用作盐的替代品吗？味精是一种在亚洲美食常见的调味料，为食物提供鲜味，使其具有咸味或肉味。因为味精的钠含量只有盐的三分之一，所以一直有人争论它可以代替盐。世界卫生组织和美国农业部已认证味精可安全食用。尽管它的钠含量较低，但应适量食用，也就是不超过每天2400毫克钠的建议摄入量。

以下是一些减少膳食准备过程中钠摄入量的提示：

1. 用天然原料来调味肉汤/汤品，鸡肉、虾、胡萝卜、玉米、萝卜、蘑菇、紫菜、海带、红枣、枸杞等。
2. 用肉桂、胡椒、芫荽、姜、百里香、姜黄、迷迭香等药草和香料作调味品。
3. 加入柑橘皮，如柠檬或酸橙，也可以增强食物的味道。
4. 考虑使用低钠盐，并只在烹饪结束时添加。



SWEET POTATO PASTA SALAD RECIPE

番薯意大利面沙拉食谱

Prep time : 15 minutes

准备时间 : 15分钟

Cook time : 15 minutes

烹调时间 : 15分钟

Serves : 4 persons

份量 : 4人份

Ingredients

- Wholemeal pasta, dried (Fusilli / Penne / Farfalle) 1/2 cup
- Orange sweet potato 1/2 medium
- Purple sweet potato 1/2 medium
- Cherry tomatoes 1/4 cup
- Cucumber 1/4 long stick
- Basil leaf (chopped) 1 Tbsp
- Raisin 1 Tbsp
- Black pepper powder ¼ tsp
- Balsamic vinegar 1 Tbsp
- Olive oil 2 Tbsp

食材

- 1/2杯全麦意大利面, 干 (Fusilli / Penne / Farfalle)
- 1/2根红番薯
- 1/2根紫番薯
- 1/4杯小番茄
- 1/4根黄瓜
- 1汤匙碎新鲜罗勒叶
- 1汤匙葡萄干
- ¼茶匙黑胡椒粉
- 1汤匙香醋
- 2汤匙橄榄油



Instructions 煮法

1. Bring a large pot of water to a boil. Add pasta and cook until tender for 6 to 10 minutes. Drain and rinse well under cold water.
2. Peel off sweet potato skin and cut into small cubes. Steam sweet potato cubes for 15 minutes until soft. Set aside.
3. Cut cucumber into small cubes and chop the cherry tomatoes into halves. Set aside.
4. In a bowl, mix black pepper powder, balsamic vinegar and olive oil. Stir well and set aside.
5. Mix cooked pasta, cubed cucumber and cherry tomatoes. Stir in the dressings and mix well. Then, mix in cubed sweet potato and chopped basil leaf.
6. Lastly, add in raisins as a topping and serve immediately.

1. 烧开一锅水, 加入意大利面, 煮6-10分钟至软。沥干并在冷水下冲洗干净, 备用。
2. 剥去番薯皮, 并切成小方块。将番薯块蒸15分钟至软, 放在一边备用。
3. 将黄瓜切成小方块, 将小番茄切半, 放在一边备用。
4. 在一个碗里, 混合黑胡椒粉、香醋和橄榄油。搅拌均匀, 放在一边备用。
5. 将煮熟的意大利面、黄瓜丁和小番茄混合, 并加入调味料搅拌均匀。拌入番薯丁和碎新鲜罗勒叶。
6. 最后, 加入葡萄干点缀, 即可食用。

VOLUNTEER WITH US

成为我们的义工



ADMINISTRATION
行政



FUNDRAISING
筹款



SERVICES SUPPORT
服务支持



MARKETING SUPPORT
宣传协助

MAKE A DONATION

爱心捐款



Donate via your iBanking app
by scanning the QR code.
请用您的iBanking

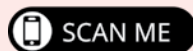
Pay Now

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

若想知道更多详情, 请联系我们 @6337 3368
或 enquiry@365cps.org.sg

GIFT A MAMMOGRAM, MAKE A DIFFERENCE

#MY1STMAMMO



bit.ly/3pY9ga9

Donate Via Giving.SG now

and give a free life saving mammo to women from low income families!

Each year, thousands of women are diagnosed with breast cancer, with a few hundred succumbing to the disease. With early detection and treatment, breast cancer is highly treatable and curable. However, many women who are 40 years and above from low-income groups don't receive the benefits of a mammogram due to financial difficulties and external circumstances.

With the launch of #My1stMammo in 2021, along with Icon Cancer Centre, we benefitted many women with a sponsored and complete mammogram screening.

This year, we are partnering community groups and social service agencies to ensure these women are identified and invited for a sponsored screening, which includes both pre- and post-screening doctor's consultation at a medical clinic.

Make a difference to the lives of these women and support the efforts of 365 Cancer Prevention Society!

\$10 = Token of support for #My1stMammo campaign*
\$50 = To sponsor pre & post screening consultations.*
\$100 = Enable one woman to be sponsored for a mammogram.*

Donations above \$10 are eligible for a 250% tax deduction.

(*Any excess funds will be directed to supporting the Society's tri-fold mission)

Adopted Charity:



Title Sponsor:



Supporting Partner:



UPCOMING EVENTS 近期活动

ANG MO KIO SOCIAL SERVICE CENTRE (AMK SSC) ACTIVITIES

宏茂桥社区服务中心活动

For Members Only 课程只限会员

Mon : Zumba Gold, Art Class
 Tue : Art Class, Vocal Class, Karaoke Session
 Wed : 365 Lymphatic Detox Exercise, Outing
 Thu : Chinese Painting, Fall Prevention Workout, Line Dance
 Fri : Finger Painting Class, Zentangle Art

星期一: 尊巴, 绘画班
 星期二: 绘画班, 声乐课, 卡拉OK
 星期三: 365淋巴排毒操, 郊游
 星期四: 水墨画, 预防跌倒运动, 排舞
 星期五: 指画班, 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 (BKP SSC) ACTIVITIES

武吉班让社区服务中心活动

For Members Only 课程只限会员

Mon : 365 Lymphatic Detox Exercise, Bag Weaving Class
 Tue : Aerobics, Ukulele Class (Basic Level), Vocal Class
 Wed : Finger Painting Class, Zentangle Art (Only conduct in June, Aug, Sep, Nov & Dec)
 Thu : Zumba Gold, Clay Art
 Fri : Chinese Painting, Art Class

星期一: 365淋巴排毒操, 包包编制课程
 星期二: 有氧健身操, 乌克兰丽班 (基础), 声乐课
 星期三: 指画班, 禅绕画 (只在六、八、九、十一和十二月进行)
 星期四: 尊巴, 黏土艺术
 星期五: 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 (CMT SSC) ACTIVITIES

金文泰社区服务中心活动

For Members Only 课程只限会员

Mon : 365 Lymphatic Detox Exercise/ Chinese Calligraphy
 Tue : Line Dance, Zentangle Art (Basic Level)
 Wed : Fall Prevention Workout, Art Class
 Thu : Zumba Gold, Ukulele Class, Vocal Training
 Fri : 365 Lymphatic Detox Exercise, Finger Painting, Karaoke session

星期一: 365淋巴排毒操/ 中国书法班
 星期二: 排舞, 禅绕画 (初级)
 星期三: 预防跌倒运动, 绘画班
 星期四: 尊巴, 乌克兰丽班, 声乐课
 星期五: 365淋巴排毒操, 指画课, 卡拉OK

Address 地址: Blk 331, Clementi Avenue 2, #01-132, Singapore 120331

Contact No 联络号码: 8318 9146

TAMPINES SOCIAL SERVICE CENTRE (TAMPINES SSC) ACTIVITIES

淡滨尼社区服务中心

For Members Only 课程只限会员

Mon : Art Class
 Tue : Zumba Gold
 Wed : 365 Detox Exercise
 Thu : Chinese Calligraphy & Painting
 Fri : Fall Prevention Exercise

星期一: 绘画课
 星期二: 尊巴
 星期三: 365 淋巴排毒操
 星期四: 中国书法与水墨画
 星期五: 预防跌倒运动

Address 地址: Blk 885A, Tampines Street 83, #01-123, Singapore 521885

Contact No 联络号码: 80289871

VIRTUAL SOCIAL SERVICE CENTRE

网上社区服务中心

For Members Only 课程只限会员

Mon : 365 Lymphatic Detox Exercise, Nagomi Pastel Art
 Tue : Release & Stretch, Therapeutic Support Program
 Wed : Zumba Gold
 Thu : Fall Prevention Workout, Aerobics, Zentangle Art (Intermediate Level)
 Fri : Line Dance, Ukulele Class (Basic Level), Ukulele Class (Intermediate Level)

星期一: 365淋巴排毒操, 和谐粉彩画
 星期二: 放松及伸展运动, 疗愈支持小组
 星期三: 尊巴
 星期四: 预防跌倒运动, 有氧健身操, 禅绕画 (中级)
 星期五: 排舞, 乌克兰丽班 (基础), 乌克兰丽班 (中级)

Activities in centres may be cancelled due to government's announcement/direction on latest COVID-19 update. Interested participants are advised to contact our Social Service Centres (SSCs) to get the latest activity status.

活动可能会随着政府的2019新型冠状病毒(COVID-19)报告/方向而取消。有兴趣的参加者请联系我们的社区服务中心以获取最新的活动详情。

365 淋巴排毒操

Lymphatic Detox Exercise

Events may be cancelled due to COVID-19 situation. Interested participants are advised to contact our office at 6337 3368 to get the latest event status. 活动可能会因为2019新型冠状病毒(COVID-19)的原因取消。有兴趣的参加者请联系我们我们的办公电话6337 3368以获取最新的活动详情。

	9 Holland Avenue
	Tue, 8pm
	106 Simei St 1 (Street Soccer Court)
	Tue, Thu & Fri, 7:15am
	112 Rivervale Dr
	Mon to Fri, 6:30am
	115A Commonwealth Dr (Sports@Buona Vista)
	Tue and Fri, 7am
	126 Ang Mo Kio Ave 3 (Ang Mo Kio Town West Garden)
	Tue to Sat, 7am
	149 Simei St 1 (Badminton Court)
	Mon to Fri, 7:30am; Sat, 7:15am
	238 Hougang Ave 1 (Open Court)
	Mon, Thu, Sat, 7:15am
	246 Hougang Avenue 3 (Hard Court)
	Tue, 7:30am
	257 Tampines St 21
	Mon to Fri, 7:20am except Thu; Wed, 8:15pm

	407 Yishun Ave 6
	Mon to Fri, 6:30am
	495E Tampines Ave 9 (Void Deck)
	Mon to Sat, 7:30am
	Botanic Garden (Eco Garden)
	Mon, 7:30am
	Bedok Reservoir Park
	Mon to Fri, 7:50am
	Bukit Gombak Stadium
	Mon to Sat, 7am
	The Peoples Presbyterian Church (45A Macpherson Rd)
	Thu, 10am
	Renewal Christian Church (88, St Francis Road)
	Thu, 8am
	Zoom Virtual Platform
	Wed, 8:15pm

OUR SERVICES 我们的服务项目



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, counselling and therapy 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、心灵辅导以及心灵关怀四大项目。

Executive Committee 执行委员会

President : Revd (Dr) Eric Chiam
Vice President : Mr James Chia
Mr Sam Ang
Honorary Secretary : Mr Tan Soo Kee
Honorary Treasurer : Mr Joshua Siow
Honorary Assistant Secretary: Ms Ang Pei Wen
Honorary Assistant Treasurer: Ms Jenny Aw
Member : Ms Terri Chen
Dr Francis Chin
Mr Andrew Pang

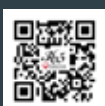
会长 : 詹顺祥博士
副会长 : 谢松兴先生
洪汇权先生
秘书 : 陈树基先生
财政 : 萧子强先生
副秘书长 : 洪佩文女士
副财政 : 胡慧敏女士
委员 : 陈慧敏女士
陈国俊医生
冯国明先生

Management Staff 管理层

Executive Director : Mr Ben Chua
HOD, Corporate Services : Ms Arlinda Chen
HOD, Fundraising, Marketing, & Volunteer Management : Mr Andrew Soh
HOD, Clinical Services, Research and Resource Centre : Mr Andrew Ong
执行长 : 蔡德森先生
企业服务部门主管 : 陈美珍女士
筹款、宣传与义工管理部门主管 : 苏玮文先生
临床服务、研究与资源中心部门主管 : 翁国华先生

Advisors 顾问团

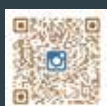
Honorary Patron: Dr Koh Poh Koon
Honorary Patron: Dr Tan Wu Meng
Honorary Patron: Dr Teo Ho Pin
Legal Advisor : Mr Wu Yu Liang
名誉顾问 : 许宝琨医生
名誉顾问 : 陈有明医生
名誉顾问 : 张仰宾博士
法律顾问 : 吴微良先生



Website



Facebook



Instagram

365 Cancer Prevention Society 365防癌教育协会

38 Jalan Pemimpin, #02-01 M38, Singapore 577178

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368