

NEWSLETTER



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A Merry Christmas for All

祝大家圣诞快乐

This Christmas season, our Social Service Centres were filled with warm laughter and holiday cheer as staff, volunteers and clients celebrated the festive season with joy and positivity. Everyone wrapped up the year on a warm note.

今年圣诞节，我们的社会服务中心充满了温暖的笑声和节日气氛。工作人员、义工和抗癌勇士们一起欢度佳节，社区服务中心充满了欢乐和正能量。每个人都在温暖的氛围中为这一年画下完美的句点。





World Mental Health Day 世界精神卫生日

365CPS marked World Mental Health Day with a vibrant and empowering art collage initiative. This creative endeavour brought together cancer fighters from our four Social Service Centres, inviting them to express their experiences and emotions through art, focusing on the four pillars of strength that help cancer fighters navigate their journey: love, hope, resilience, and support.

The resulting art collages were not just beautiful expressions of creativity; they were also powerful symbols of hope, resilience, and the enduring human spirit. This served as a reminder of the strength that can be found within a supportive community. We are incredibly grateful to everyone who contributed to this inspiring initiative!

为纪念世界精神卫生日，365防癌教育协会发起了一项充满活力和力量的艺术拼贴活动。这项创意活动汇集了来自我们四个社区服务中心的抗癌勇士们，邀请他们通过艺术表达自己的经历和情感，重点关注帮助抗癌勇士们走过抗癌旅程的四大力量支柱：爱、希望、韧性和支持。

这些艺术拼贴画不仅是美丽的创意表达，也是希望、韧性和人类毅力的有力象征。这提醒着我们社区凝聚力的力量，我们由衷感谢所有为该活动做出贡献的人！





Caregivers Appreciation Day

看护者感谢日

On 16th November 2024, 365CPS organised a special Caregiver Appreciation Day at the serene Thow Kwang Pottery Jungle. This event was a heartfelt tribute to the invaluable contributions of caregivers who tirelessly support cancer fighters on their journey.

Cancer fighters and their caregivers engaged in a hands-on creative clay tile-making and painting workshop, offering them a therapeutic outlet for

self-expression and connection within a supportive environment. It was also a rare opportunity for all to learn about the rich history of the dragon kiln and the ceramic production industry in Singapore.

365CPS remains committed to supporting cancer fighters and their caregivers in the fight against cancer, empowering and supporting individuals to navigate the challenges of cancer care with resilience and hope.

2024年11月16日, 365防癌教育协会在宁静的陶光窑厂举办了特别的看护者感谢日活动。这次活动旨在向那些默默奉献、无私支持抗癌勇士们的看护者们致以最诚挚的感谢和敬意。

抗癌勇士们和他们的看护者参加了瓷瓦制作和绘画工作坊, 表达自我, 相互支持。这也是一次难得的机会, 让大家更深入了解龙窑和陶瓷生产行业的悠久历史, 感受传统文化的魅力。

365防癌教育协会始终致力于在抗癌勇士及其看护人的抗癌道路上提供所需的支持, 与大家携手共进, 应对癌症护理方面的挑战。



365CPS Human Stories

365CPS人文故事

Q: How long have you been working at 365CPS?

A: 11 years and counting, I have been working at 365 Cancer Prevention Society since 2013.

Q: What do you do at 365CPS?

A: As a Care Leader, I provide care and support to cancer patients, including home visits, hospital visits, and phone consultations.

Q: What are the most rewarding aspects of your job?

A: I find it incredibly rewarding to be there for our cancer fighters, from diagnosis to recovery, helping them navigate the challenges and access the support that they require.

Q: What are the most challenging aspects of your job?

A: One of the hardest parts of this job is witnessing the loss of life, especially when it's someone we have come to know and care for.

Q: What is something that you have learned from the cancer fighters that you have interacted with through your work?

A: Engaging with cancer fighters has allowed me to develop strong empathy skills and adapt my communication style to meet their individual needs. I have learned to listen attentively, ask insightful questions, and offer care and support.

Q: What are you looking forward to the most in the coming year?

A: I am looking forward to enhancing my technology skills to better support elderly cancer fighters and make their lives easier in the technological aspect.

问: 您在365防癌教育协会工作多长时间了?

答: 我在2013年加入了365防癌教育协会, 至今已经在这里工作了11年。

问: 您在365防癌教育协会从事什么样的工作?

答: 我是位关怀组长, 我主要的工作是通过居家探访, 医院探访或电话慰问来了解他们的需要, 帮助抗癌勇士们得到各方面的支持与协助。

问: 您在工作中最有成就感的部分是什么?

答: 让我觉得最有成就感的就是能够陪伴抗癌勇士们走过抗癌道路的每一个阶段, 帮助他们得到他们所需要的帮助。

问: 您在工作上最据挑战性的部分是什么?

答: 最据挑战性的应该就是面对一些抗癌勇士因病离世, 尤其是我们陪伴很久的抗癌勇士们。

问: 从与抗癌勇士共事的经历中您学到了什么?

答: 通过与抗癌勇士们的深入交流, 我不仅更深刻地理解了同理心的重要性, 不同的情境下, 以不同的方式去换位思考, 倾听他们的心声, 并给予他们最需要的支持。

问: 在新的一年里您最期待的是什么?

答: 新的一年我最期待的就是在科技方面的进修, 希望能够更好的帮助年长的抗癌勇士们解决生活上的科技难题。



Lee Wing Thong 李永堂
Care Leader,
365 Cancer Prevention Society
关怀组长, 365防癌教育协会

365CPS Human Stories

365CPS人文故事

Q: How did you feel when you were first diagnosed and how do you feel now?

A: I was diagnosed with stage 1 breast cancer in August 2022 and had a breast removal and reconstruction surgery in November. Shortly after the surgery, I was told that I am also diagnosed with stage 1 uterus cancer. I felt very sad and wondered why it is coming one after another. My family and friends gave me lots of support and took great care of me. My friend, a breast cancer survivor, suggested I reach out to the 365CPS Social Service Centre at Clementi.

Q: When did you join us as a client?

A: I joined 365CPS as a client in 2023, after I completed chemotherapy and radiation therapy.

Q: What is your favourite activity that you take part in at our SSC?

A: I like attending art and exercise classes and sometimes workshops too. The talks are very encouraging and supportive. I am learning crochet, clay art, nagomi and zentangle. I love to attend classes because the staff are very caring.

Q: What are some words of encouragement for a fellow cancer fighter?

A: I want to tell other cancer fighters that you are not alone. It is not the end of your life; we can still have a life full of hope. We can fight this.

Q: What are you looking forward to the most in the coming year?

A: I am looking forward to attending more art and exercise classes in 2025 so that I can stay fit and happy.

问: 您在确诊后有什么感受,而现在又有什么感受?

答: 2022年8月,我被诊断出患有一期乳癌,并于11月进行了乳房切除和重建手术。手术后不久,我又被告知被诊断出患有一期子宫癌。我当时非常难过,不明白为什么会在我身上接二连三的发生这种事情。家人与朋友们给予我非常多的支持也对我照顾有加。我有一位朋友也是乳癌幸存者,她建议我联络365防癌教育协会位于金文泰的社区服务中心。

问: 您什么时候加入成为我们的会员?

答: 我在完成化疗和放射治疗后,于2023年成为365CPS的会员。

问: 您在社区服务中心里最喜欢参加的活动是什么?

答: 我喜欢参加艺术和身体锻炼课程,有时也参加工作坊。这些讲座非常具有鼓励性和支持性。我正在学习钩针编织、粘土艺术、和谐粉彩画和缠绕画。我非常喜欢上课,因为工作人员都非常关心我。

问: 您有什么鼓励的话想对抗癌勇士们说?

答: 我想告诉其他抗癌勇士你们并不孤独。这并不是生命的终点;我们仍然可以充满希望的活着。我们可以抗击癌症。

问: 在新的一年里您最期待的是什么?

答: 我希望在2025年里可以参加更多的艺术和身体锻炼课程,保持身体健康快乐。



Vijay Bala Rai
Breast and Uterus Cancer, Stage 1
乳癌及子宫癌,第一期

Healthy Eating During Chinese New Year

吃得健康过好年

Chinese New Year is a time for celebration and joy. While it is tempting to indulge during the festive celebration, it is important to consider the long-term impact of overindulging.

Let's explore some healthy eating tips for the Chinese New Year:

1. Prioritise fresh over processed food

Opt for fresh ingredients such as lean meats and skinless poultry. Avoid processed foods like meatballs or sausage, which are often high in fat and salt.

2. Adopt healthier cooking methods

Steaming, stir-frying, grilling and boiling are excellent ways to prepare nutritious and flavourful dishes. Avoid deep-frying and consuming burnt food parts for a healthier meal.

3. Have a balanced meal

Incorporate a variety of vegetables, whole grains, lean proteins, and healthy fats into your festive meals.

4. Eat the right portion

Use a smaller plate and follow the Healthy Plate model. Fill half your plate with colourful vegetables, a quarter with lean protein, and a quarter with carbohydrates.

5. Practice mindful eating

Eating slowly allows your body to register fullness (about 20 minutes after eating), preventing overeating.

Embrace the festive flavours of Chinese New Year while prioritising your health. Remember, balance is key to enjoying the celebrations without compromising your well-being!

农历新年是阖家欢庆的时刻。新年美食固然诱人，但过度放纵可能会给身体带来负担，影响长期的健康。

想要在新年期间保持健康饮食？快来参考这些小贴士：

1. 选择新鲜食物而非加工食品

选择新鲜食材，如瘦肉和去皮鸡肉，避开加工食品，如肉丸或香肠，这些食品通常含有较高的脂肪和盐份。

2. 采用更健康的烹饪方法

蒸、炒、烤和煮是烹制营养美味菜肴的绝佳方式。避免油炸和食用烧焦的食物以便吃得更健康。

3. 均衡饮食

在春节餐食中加入各种蔬菜、全谷物、瘦肉和健康的脂肪。

4. 控制好食量

使用较小的盘子，并遵循健康饮食餐盘模式。半盘蔬菜，四分之一盘瘦肉，四分之一盘碳水化合物。

5. 细嚼慢咽

放慢饮食速度可以好让身体有时间感知饱腹感（大约在进食后20分钟），防止过度饮食。

新年美食享不停，健康饮食更要行！请记得欢庆春节时要适量饮食才不会有损健康！





Chap Chye 炒杂菜

Preparation Time: 10 min

Cooking Time: 10 min

准备时间: 10分钟

烹饪时间: 10分钟



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

Ingredients 食材

- 1 tbsp olive oil
- 1/2 onion, diced
- 1/2 cup red bell pepper, diced
- 1/2 cup frozen mixed vegetables
- 1 cup cauliflower, grated
- 2 eggs
- 2 tbsp spring onions, chopped
- 1 汤匙橄榄油
- 1/2 颗洋葱, 切丁
- 1/2 杯红甜椒, 切丁
- 1/2 杯冷冻什锦蔬菜
- 1 杯切碎的花椰菜
- 2 粒鸡蛋
- 2 汤匙葱末

Method 做法

1. Add oil, followed by garlic and ginger into a heated claypot. Sauté until fragrant.
 2. Add the prawns to the claypot and stir-fry for 2 minutes.
 3. Pour in all the seasonings and sauces. Stir-fry to combine for another minute.
 4. Add all the vegetables, mushrooms and bean curd knots to the claypot. Pour in water, cover and cook for 5 minutes until all the ingredients are cooked through.
 5. Dish out on a plate and serve hot.
1. 在加热的砂锅中加入油, 然后放入蒜和姜片爆香。
 2. 将虾放入砂锅中, 翻炒2分钟。
 3. 倒入所有调味料, 翻炒一分钟, 使食材均匀裹上酱汁。
 4. 将所有蔬菜、香菇和豆结放入砂锅中。倒入水, 盖上锅盖, 煮5分钟, 直到所有食材熟透。
 5. 盛入盘中, 趁热食用。



Myths About HPV and Cervical Cancer 关于人乳头瘤病毒(HPV)和宫颈癌的误解

Human Papillomavirus (HPV) is a group of more than 100 related viruses that affect different parts of the body. About 40 of these can infect the genital area. HPV is mainly transmitted through skin-to-skin sexual contact. HPV may also be transmitted during genital-to-genital contact without penetration and oral sex.

Cervical cancer is caused by at least 12 types of HPV – these are called oncogenic/high-risk strains. These high-risk strains can also lead to cancers of the oropharynx, vagina, vulva, penis and anus, but these cancers are much rarer than cervical cancer. The rest of the HPV types may cause genital warts.

Cervical cancer is the 4th most common cancer among women globally and the 10th most common cancer among Singaporean women.

Myth #1: Only women who have sex often get HPV

Many people believe that women who have sex frequently have a higher risk of getting HPV. The number of sexual partners can increase the chance of exposure. However, the truth is that any woman who has had sex, even with just one partner, could have been exposed to HPV. It is believed that about 80% of women would have had HPV at some point in time by the age of 50.

Myth #2: If you have HPV, you will definitely get cervical cancer

Having HPV does not mean you have or will get cervical cancer. The infection usually goes away on its own, cleared by the immune system. Most people will not even know that they ever had HPV. In about 10% of infections, the infection can persist over a longer period, causing abnormal cells to form which then develop into cervical cancer. The cervical cancer screening program aims to pick up these women for closer monitoring and treatment. If the HPV infection causes pre-cancerous cell changes, these can be detected and treated early before cervical cancer has the chance to develop.

Myth #3: The only way I can prevent cervical cancer is through Pap test or HPV testing

Besides the HPV vaccination, your risk for cervical cancer can be minimised by avoiding the following:

- Smoking
- Multiple sexual partners
- Sexual intercourse at an early age
- Sexually Transmitted Disease (STD) infections such as Chlamydia infection
- Weakened immune system or HIV infection

Myth #4: An abnormal Pap test means cervical cancer

An abnormal Pap test usually picks up precancerous changes rather than cervical cancer. The abnormality can be caused by factors other than the presence of precancerous cells. When a Pap test comes back as “abnormal”, there are different levels of grading of the abnormalities. This grading will assist your doctor in determining the possibility of pre-cancer. The most common grading will be “atypical cells of unknown significance” – which can be caused by dryness, a local irritation, a non-HPV infection or a low-risk HPV type. An abnormal PAP test will require assessment by a gynaecologist to determine the next step of intervention.

With HPV testing, women with certain high-risk HPV infections can be identified and monitored carefully. Early detection of cervical cancer has been proven to significantly improve survival and quality of life. If you are above the age of 30, you can visit a gynaecologist to get the HPV test along with a Pap test regardless of whether you have had a HPV vaccination. Meanwhile, women under the age of 30 should get the HPV test if their Pap results are inconclusive.

人乳头瘤病毒 (HPV) 是由 100 多种相关病毒组成的病毒群, 可影响人体的不同部位。其中约有 40 种可对生殖器造成感染。HPV 主要通过人与人皮肤之间的接触而传播。即使没有发生性交或口交, HPV 也可在人与人生殖器之间的接触而传播。

宫颈癌是由至少12种HPV类型所引起的, 这些类型被称为致癌型或高风险型。这些高风险型病毒株也可导致口咽、阴道、外阴、阴茎和肛门癌, 但这些癌症和宫颈癌相比较为罕见。其余的HPV类型则可导致生殖器疣。

宫颈癌是全球女性第四常见的癌症, 也是新加坡女性第十常见的癌症。

误解 1: 只有经常发生性行为的女性才会感染 HPV

许多人认为性生活频繁的女性更容易感染 HPV。性伴侣数量的增加会提高感染的可能性。然而, 事实上, 任何有过性行为的女性, 即使只有一位性伴侣, 都可能感染 HPV。据信, 大约80%的女性在50岁之前都会感染 HPV。

误解 2: 如果感染了 HPV, 就一定会患上宫颈癌

HPV感染并不意味着您患有或将患上宫颈癌。感染通常会被自身的免疫系统清除, 自行消失。大多数人甚至不知道自己曾经受到 HPV 感染。在大约10%的感染病例中, 感染可能会持续更长时间, 导致异常细胞形成, 然后发展为宫颈癌。宫颈癌筛查计划旨在发现这些女性, 以便进行更密切的监测和治疗。如果 HPV 感染导致癌前细胞变化, 就可以在宫颈癌发展之前提早发现以及治疗。

误解 3: 预防宫颈癌的唯一方法是通过子宫颈抹片检查或 HPV 检测

除了 HPV 疫苗接种外, 您还可以通过避免以下行为来降低患宫颈癌的风险:

- 吸烟
- 多个性伴侣
- 早期性行为
- 性传播疾病, 如衣原体感染
- 免疫系统减弱或 HIV 感染

误解 4: 异常的宫颈抹片检查就一定意味着您患上了宫颈癌

异常的宫颈抹片检查通常发现的是癌前病变而不是宫颈癌。除了癌前细胞, 这也可能是由其他因素所引起。当宫颈抹片检查结果为“异常”时, 异常结果有不同级别的分级。这种分级将有助于您的医生确定癌前病变的可能性。最常见的是“意义不明的非典型细胞”, 这可能由干燥、局部刺激、非 HPV 感染或低风险 HPV 类型所引起。异常的宫颈抹片检查需要妇科医生评估, 以确定下一步的干预措施。

通过 HPV 检测, 可以识别并仔细监测感染某些高风险 HPV 的女性。早期发现宫颈癌已被证明可以显著提高生存率和生活质量。如果您年龄在 30 岁以上, 无论是否接种过 HPV 疫苗, 都可以到妇科医生处接受 HPV 检测和宫颈抹片检查。30 岁以下的女性, 如果宫颈抹片检查结果不确定, 就应进行 HPV 检测。



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This article is medically reviewed by Dr Cindy Pang, Consultant Obstetrician & Gynaecologist from SOG Health. Original article reproduced with permission from SOG Health.



SOCIAL SERVICE CENTRE ACTIVITIES 社区服务中心活动

FOR CLIENTS ONLY 只限会员

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

Mon : Stretch and Release Class, Zumba Gold, Clay Art, Creative Colour Pencil Art
Tue : Art Class, Ukulele (Basic), Vocal Class, Karaoke Session
Wed : Aerobics, 365 Rhythmic Stretching Exercise
Thu : Chinese Painting, 365 Rhythmic Stretching Exercise, Line Dance, Bag Weaving
Fri : Finger Painting, Zumba Toning, Fall Prevention Workout, Zentangle Art
星期一: 放松与伸展, 尊巴, 黏土艺术, 创意彩色笔艺术课
星期二: 绘画班, 乌克丽丽(基础), 声乐课, 卡拉OK
星期三: 有氧运动, 365拉筋伸展运动
星期四: 水墨画, 365拉筋伸展运动, 排舞, 编织袋课程
星期五: 指画班, 尊巴塑形, 防摔锻炼, 缠绕画
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, Bag Weaving (Intermediate), Bag Weaving (Basic)
Tue : Ukulele (Basic), Aerobics, Ukulele (Intermediate), Vocal Training, Karaoke Session
Wed : Line Dance, Finger Painting
Thu : Zumba Gold Toning, Zumba Gold, Clay Art, Zentangle Art
Fri : Chinese Painting, Art Class, Fall Prevention Workout
星期一: 365拉筋伸展运动, 编织袋课程(中级), 编织袋课程(基础)
星期二: 乌克丽丽(基础), 有氧运动, 乌克丽丽(中级), 声乐课, 卡拉OK
星期三: 排舞, 指画
星期四: 尊巴塑形, 尊巴, 黏土艺术, 缠绕画
星期五: 水墨画, 绘画班, 防摔锻炼
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, Chair Stretch Exercise
Tue : Zentangle Art, Line Dance, Balloon Sculpting, Crochet Class
Wed : Batik Painting, Fall Prevention Exercise
Thu : Clay Art, Zumba Gold, Ukulele, Art Class
Fri : Aerobics, Vocal Training, Chinese Painting, Pastel Nagomi Art
星期一: 绘画班(基础), 365拉筋伸展运动, 书法, 椅子伸展运动
星期二: 缠绕画, 排舞, 气球艺术, 钩针课
星期三: 蜡染绘画, 防摔锻炼
星期四: 黏土艺术, 尊巴, 乌克丽丽, 绘画班
星期五: 有氧运动, 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, Chair Stretch Exercise
Tue : Batik Painting, 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 : Fall Prevention Workout, Ukulele (Basic), Vocal Training, Karaoke Session/Games Day
星期一: 水墨画, 黏土艺术, 绘画班, 椅子伸展
星期二: 蜡染绘画, 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: 防摔锻炼, 乌克丽丽(基础), 声乐课, 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, Therapeutic Support Programme Workshop, Masala Bhangra Workout
Wed : Zumba, Line Dance, Zentangle Art
Thu : Japanese Conversational Class, Fall Prevention Exercise, Chinese Painting, Zumba Toning
Fri : Korean Basic Class, Circl Mobility Exercise, 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, 钩针课, 疗愈支持小组, 班格拉健身操
星期三: 尊巴, 排舞, 缠绕画
星期四: 日语会话班, 防摔锻炼, 中国画, 尊巴塑形
星期五: 基础韩语课, 活动能力锻炼, 乌克丽丽(基础), 乌克丽丽(中级)

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



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

2025 MONTHLY EVENTS

每月活动

4th JAN	9.30 am - 12.00 pm Love Lunch at TMP SSC 8.30 pm - 9.30 pm 365Live on Facebook	25th JAN	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	2nd MAR	Bloom With Hope
11th JAN	9.30 am - 12.00 pm Love Lunch at AMK SSC	15th FEB	8.30 pm - 9.30 pm 365Live on Facebook	8th MAR	8.30 pm - 9.30 pm 365Live on Facebook
15th JAN	#My1stPapTest Cervical Cancer Screening Campaign Launch	22th FEB	8.30 pm - 9.30 pm 365Live on Facebook	22th MAR	8.30 pm - 9.30 pm 365Live on Facebook
18th JAN	9.30 am - 12.00 pm Love Lunch at BKP SSC	1st MAR	Bloom With Hope		

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365 拉筋伸展运动

RHYTHMIC STRETCHING EXERCISE

EAST

106 Simei St 1 S520106 (Street Soccer Court) Mon to Thu, 7.15am	257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8:15pm (Zoom)
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

CENTRAL

NTUC Health Active Ageing Centre 41 Telok Blangah Rise, S090041 Wed, 9.30am	Wan Min Community Services 45A MacPherson Road, S(348470) Tue, 10am
Renewal Christian Church 88 Saint Francis Road, S328070 Thu, 8am	Kallang Polyclinic 701 Serangoon Road, Level 2 Health Studio Fri, 10am

WEST

106 Gangsa Road S670106 Tue, 7.30pm	Spots @ Buona Vista 115A Commonwealth Dr, S149596 Tue & Fri, 7am
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

VIRTUAL

Zoom Wed, 8.15pm

NORTH-EAST

112 Rivervale Drive S540112 Mon to Fri, 6.30am	Glad Tidings Church 1 Valley Road, S534449 Tue, 10am
238 Hougang Ave 1 S530238 (Open Court) Mon, Thu, Sat, 7.15am	St Paul's Church 843 Upper Serangoon Road, S534683 Sat, 10.30am
246 Hougang Ave 3 S530246 (Hard Court) Tue, 7.15am	

NORTH

407 Nee Soon Link Park S760407 Mon to Fri, 6.30am	Khatib Polyclinic 690 Yishun Ring Road, Level 1 Health Studio Mon, 11.30am Thu, 12.30pm
Ang Mo Kio Town Garden West 126 Ang Mo Kio Ave 3, S560126 Tue to Sat, 7am	Sembawang Polyclinic 21 Canberra Link, Clinic 1C Level 1 Health and Wellness Studio Thu, 10am



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*如有更改, 恕不另行通知。

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365 Rhythmic Stretching Exercise
365拉筋伸展运动



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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 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

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 : Mr James Chia
Vice President : Mr Sam Ang
Vice President : Dr Francis Chin
Honorary Secretary : Ms Ang Pei Wen
Honorary Treasurer : Ms Jenny Aw
Honorary Assistant Treasurer : Mr Jeremy Chan
Member : Dr Fabian Lim
Member : Mr Joshua Siow
Member : Mr Jeremy Tan

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副会长 : 洪汇权先生
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秘书 : 洪佩文女士
财政 : 胡慧敏女士
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委员 : 林进龙博士
委员 : 萧子强先生
委员 : 陈清温先生

Management Staff 管理层

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Assistant Director, Corporate Services : Ms Arlinda Chen
Assistant Director, Fundraising Marketing, & Volunteer Management : Mr Andrew Soh
HOD, Allied Health Services : Mr Andrew Ong

首席执行官 : 蔡德森先生
企业服务部副总监 : 陈美珍女士
筹款、宣传与义工管理部副总监 : 苏玮文先生
综合医疗保健服务主管 : 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
Honorary Advisor : Rev (Dr) Eric Chiam
Honorary Advisor : Mr Tan Soo Kee

名誉赞助人 : 许宝琨医生
名誉赞助人 : 陈有明医生
名誉赞助人 : 张仰宾博士
法律顾问 : 吴微良先生
荣誉顾问 : 詹顺祥博士
荣誉顾问 : 陈树基先生



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