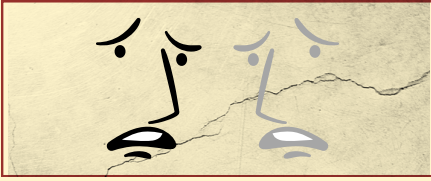


# AUG 2023 PATIENT SUPPORT PROGRAMME

04.08.2023 (FRI)

7.00pm - 9.00pm



## NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

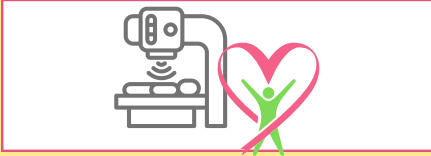
When NPC Strikes Again. Coping with Fear of Recurrence

Join NPC Survivor, Lin Jiang, and our Medical Social Workers, Gerard & Dorothy, to explore strategies to cope with these fears without having them halting our lives.

📍 NCCS Level 1 Meeting Room NC 1-1

10.08.2023 (THU)

5.30pm - 8.30pm



## BREAST CANCER SUPPORT GROUP

Advanced Treatment in Radiotherapy & Life After Treatment

Join Dr Richard Yeo, Senior Consultant from NCCS Dept of Breast & Gynaecology, to learn more about the advances in radiotherapy and how it may impact our lives.

📍 NCCS Level 10 Meeting Room NC 10-1

12.08.2023 (SAT)

9.00am - 11.30am



## LUNG CANCER SUPPORT GROUP

Living Well

Come join us to learn more about making easy achievable changes to your lifestyle.

📍 NCCS Level 21 Meeting Room NC 21-9

12.08.2023 (SAT)

10am - 12pm



## SINAR HARAPAN [MALAY SUPPORT GROUP]

Penjagaan di Rumah

Mari sertai sesi dengan occupational therapist untuk membicarakan jagaan di rumah. Petua praktikal akan dibincangkan.

📍 NCCS Level 10 Meeting Room NC 10-1

19.08.2023 (SAT)

10am - 12pm



## HEARTSTRINGS [UKULELE INTEREST GROUP]

Join us for a casual morning of connecting and support through music as we learn how to play and sing along with the ukulele.

\*Participant is required to own a Ukulele.

\*Only open to current/former cancer patients & their family.

📍 NCCS Level 11

26.08.2023 (SAT)

10.00am - 12.00pm



## NEUROFIBROMATOSIS (NF) SUPPORT GROUP

Life ARTventure

Join us for a casual arty morning of expression & rediscovery of self through art making. Meet & learn coping tips from others in the NF community, who may also be journeying with the not knowing.

📍 NCCS Level 11

# SEP 2023 PATIENT SUPPORT PROGRAMME

08.09.2023 (FRI)

7.00pm - 9.00pm



## NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

### Nutrition and NPC

What are certain nutritional needs that NPC patients may require more of as compared to others? Join Ms. Anna Lim, Lead Clinical Dietitian, as she shares on the dietary needs of NPC patients and survivors.

📍 NCCS Level 1 Meeting Room NC 1-1

09.09.2023 (SAT)

10am - 12pm



## HEARTSTRINGS [UKULELE INTEREST GROUP]

Join us for a casual morning of connecting and support through music as we learn how to play and sing along with the ukulele.

\*Participant is required to own a Ukulele.

\*Only open to current/former cancer patients & their family.

📍 NCCS Level 11

10.09.2023 (SUN)

7pm



## LUNG CANCER - EXERCISE INTEREST GROUP

### "Light the Way" Walk

A patient has inspired us with his journey to climb Mount Kinabalu despite his diagnosis of lung cancer. In the same spirit, let's walk alongside and shine the light of encouragement for each other.

📍 Garden by the Bay

SCAN ME  
TO REGISTER



16.09.2023 (SAT)

10am - 12pm



## SINAR HARAPAN [MALAY SUPPORT GROUP]

### Seni dan Saya

Seni adalah satu kaedah untuk meluahkan pemikiran dan perasaan. Belajar menggunakan proses kreatif untuk menambahbaikkan kesejahteraan anda.

📍 NCCS Level 10 Meeting Room NC 10-1

16.09.2023 (SAT)

10.00am - 12.00pm



## LI-FRAUMENI SYNDROME (LFS) SUPPORT GROUP

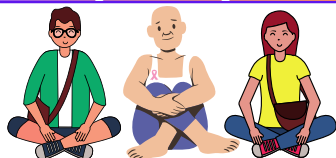
### Life ARTventure

Join us for a casual arty morning of expression & rediscovery of self through art making. Meet & learn coping tips from others in the LFS community, who may also be journeying with the not knowing.

📍 NCCS Level 11

16.09.2023 (SAT)

2pm - 4pm



## ADOLESCENTS & YOUNG ADULTS ONCOLOGY CANCER (AYAO) SUPPORT GROUP

### What it Means to be a Young Cancer Survivor

What it means to be a cancer survivor is often hard to describe. Come and have a conversation to hear from others and share what it is like for you.

📍 NCCS Level 10 Meeting Room NC 10-1