

JUNE 2023 PATIENT SUPPORT PROGRAMME

08.06.2023 (THU)

5.30pm - 8.30pm



BREAST CANCER SUPPORT GROUP

Let's Build Our Muscle Strength

Join Ms Hsing Ya Ting, physiotherapist from Singapore General Hospital, for an interactive session to build your muscle strength and enhance your physical well-being through simple exercises.

📍 NCCS Level 10 Meeting Room NC 10-1

09.06.2023 (FRI)

7.00pm - 9.00pm



NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

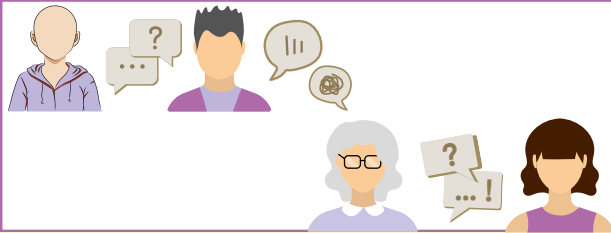
Post Treatment Dental Health

Join Dr Anabella Low, from National Dental Centre Singapore, to find out how to manage the oral cavity that is often affected by treatment side effects.

📍 NCCS Level 1 Lecture Theatre

24.06.2023 (SAT)

9.00am - 11.30am



LUNG CANCER SUPPORT GROUP

Lost in Translation?

Let us come together as we learn about ourselves and our loved ones in ways that deepen our understanding of one another and strengthen our relationships as we journey on.

📍 NCCS Level 21 Meeting Room NC 21-9

24.06.2023 (SAT)

10.00am - 12.00pm



GENETICS SUPPORT GROUP - BRCA

Building A Community of Support Begins With Me.

Join us for a casual morning to meet and connect with others living with the same condition.

📍 NCCS Level 1 Meeting Room NC 1-1

24.06.2023 (SAT)

10.30am - 12.00pm



ADOLESCENTS & YOUNG ADULTS ONCOLOGY CANCER (AYAO) SUPPORT GROUP

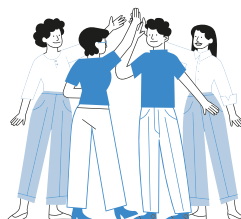
Can I Still Exercise?

Join Ms Stephanie Chu, a Cancer Exercise Training Institute-certified Specialist as she talks about fitness programme for cancer patients and survivors.

📍 NCCS Level 10 Meeting Room NC 10-1

24.06.2023 (SAT)

2.00pm - 4.00pm



GENETICS SUPPORT GROUP - LYNCH

Building A Community of Support Begins With Me.

Join us for a casual afternoon to meet and connect with others living with the same condition.

📍 NCCS Level 1 Meeting Room NC 1-1

JULY 2023 PATIENT SUPPORT PROGRAMME

07.07.2023 (FRI)

7.00pm - 9.00pm



NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

Defining Your New Normal

Join Kok Kiong, a NPC survivor for 28 years, for a casual evening as he shares how he "lives with" and "lives well" with the many lifestyle adjustments in his NPC journey.

📍 NCCS Level 1 Lecture Theatre

SCAN ME TO REGISTER



08.07.2023 (SAT)

10am - 12pm



SINAR HARAPAN [MALAY SUPPORT GROUP] Gen & Kesehatan Anda

Adakah anda berisiko tinggi menghidap barah kerana keluarga anda mempunyai sejarah barah? Patutkah saya menjalani ujian genetik? Datang dan ketahui lebih lanjut tentang kanser keturunan di sesi ini!

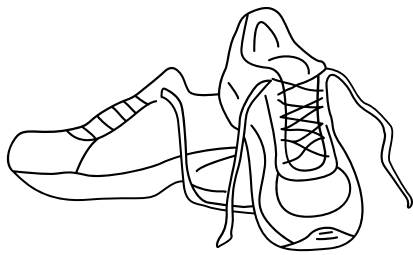
📍 NCCS Level 10 Meeting Room NC 10-1

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15.07.2023 (SAT)

8.30am



LUNG CANCER - EXERCISE INTEREST GROUP

Lung Cancer Will Not Keep You Down!

A patient recently inspired us with his journey to climb Mount Kinabalu despite his diagnosis of lung cancer. In the same spirit, let's do a fresh morning walk together!

To signup, whatsapp to 8827 9628 your name & name of your primary physician. (more details will be provided upon signup)

22.07.2023 (SAT)

10am - 12pm



UKULELE INTEREST GROUP

Heartstrings

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

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22.07.2023 (SAT)

4.30pm - 7.30pm



ADOLESCENTS & YOUNG ADULTS ONCOLOGY CANCER (AYAO) SUPPORT GROUP

Sunset Cycling

Join us as we cycle around Marina Bay with sunset as company!

*Only open to current/ former cancer patients aged 16-45 years old

SCAN ME TO REGISTER

