

# Wellness and Holistic Health Care

Breathe · Smile · Now



FREE service hotline  
**3656 0800**  
[www.cancer-fund.org](http://www.cancer-fund.org)



## Wellness Programmes

We believe that overcoming cancer takes more than just medicine. Wellness programmes help CancerLink clients and their families to understand the deep connection between body and mind, cultivate a state of inner peace and joy, and promote self-healing in order to reach a higher level of well-being and enhance the quality of life.

### Yoga Therapy

Through gentle postures and mindful breathing, yoga therapy enhances vitality and relaxation of the body and mind for self-healing.

Yoga programmes include Yoga for beginners/ experienced, Pink yoga for people with breast cancer, Yin yoga, Therapeutic yoga, Laughter yoga and other yoga workshop etc.



### Qigong and Taiji

Qigong and Taiji aim to strengthen the body, quiet the mind, and improve health.

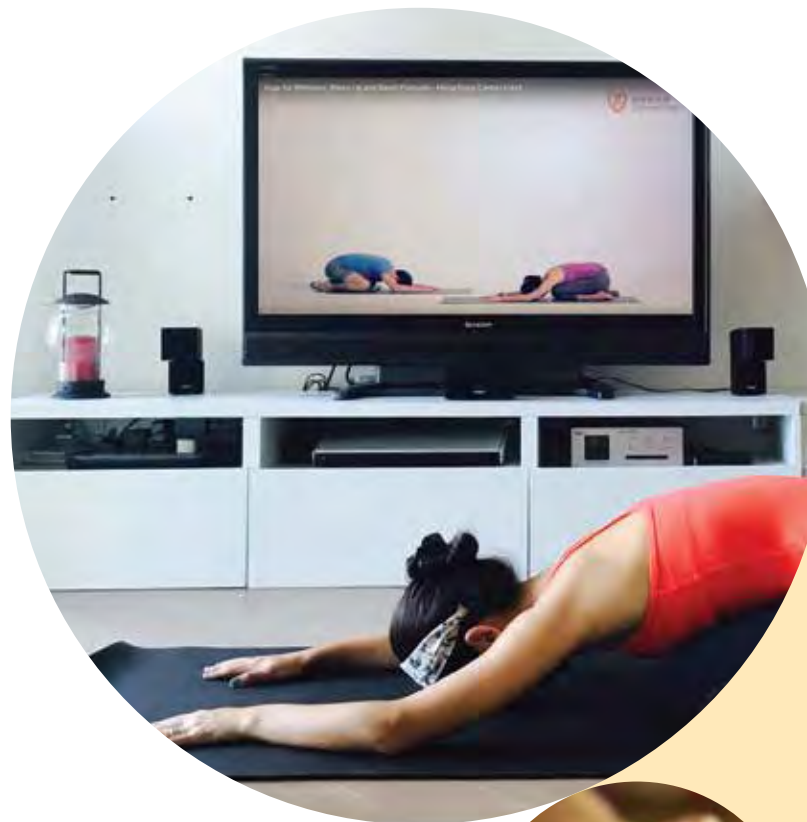
Qigong programmes include Ba Duan Jin, 12-form Qigong, Yi Jin Bang, and Pingshuai Practice etc. Taiji programmes include Yang Style Taiji, Chen Style Taiji and Wu Style Taiji etc.



### Holistic Living and Healthy Diet

Learn how to achieve a balanced, happier, healthier, and more fulfilling lifestyle from a holistic perspective.

Programmes include identifying and cooking healthy and nutritious food, mindful eating and mindfulness in nature etc.



### Online Programmes

We produce many high quality videos and audios to encourage people to practice at home regularly and to meet the needs of overseas Chinese who are affected by cancer. Online programmes include Yoga for Wellness, Restorative Yoga, Pilates Exercise, Ba Duan Jin, Feldenkrais Method®, Yoga Nidra and Meditation, and Body Nuance etc.



Scan the QR code now or visit the YouTube channel of Hong Kong Cancer Fund here:  
[www.youtube.com/user/hongkongcancerfund](http://www.youtube.com/user/hongkongcancerfund)



### We Provide

- Over 60 FREE weekly wellness programmes
- Classes at over 35 convenient locations in your neighbourhood
- A wide range of holistic healing methods in 11 categories, including yoga therapy, breathing and relaxation, meditation, qigong and taiji, body awareness, pilates exercise, arts healing, sound healing, holistic living, healthy diet and others
- We serve over 2,000 CancerLink clients to reach a healthier life every year

### Feedback From Clients

Based on our questionnaires and data analysis, the biggest benefits received by our clients are:

- Increased strength and flexibility of the body
- Feeling more energetic
- Improved sleep quality
- Feeling more relaxed, positive and focused
- Embracing a healthier lifestyle

