

Dear wellness participants,

Wellness Live Streaming English Classes are available online!

Kindly check the wellness schedule and select the class you would like to join.

All wellness programmes aim to cultivate body awareness and promote inner peace. These gentle practices help participants enhance the vitality of their body and relax the mind to achieve greater well-being.

Enrollment is not required. You will only need to install the mobile app or computer software “Zoom” in advance on your mobile device or computer, and join the Zoom meeting 5 minutes before the class starts.

Subject: Personal Class of Wellness and Holistic Health Care Programme

Join the Zoom meeting:

Open Zoom app - enter meeting ID: **366 732 1100**

Enter personal name: **User Card Number CL-XXXXXX English Name**

Enter password: **686013**

We have prepared a copy of user guidelines (see attached) with instructions of how to use Zoom for online classes.

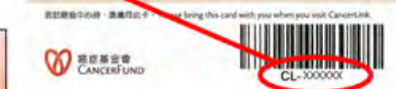
For any enquiries, please contact the Wellness and Holistic Health Care staff at **3667-3211** or **WhatsApp 5625-1273** (For enquiry about service user card no. only).

Wellness and Holistic Health Care
Hong Kong Cancer Fund

Change Display Name Before You Join :



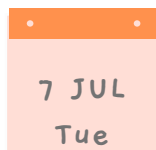
★Correct entry format
Service User Card No. +Space+ Your Name
For any queries, please contact Wellness & Holistic Health Care Team at 36673211 or WhatsApp 56251273 (For enquiry about service user card no. only)



Hong Kong Cancer Fund

Wellness and Holistic Health Care English Online Programme

- Suitable for all cancer stages users (if there is a surgical wound, it is better to join after 3 months of recovery) and caregivers
- Enrollment is NOT required, install ZOOM before class, enter ID: **3667321100**, **user card no. & name**, password: **686013**



Time: 3:00-4:30pm

Programme: Mindfulness Yoga (Cantonese & English)

Facilitator: Loretta Teo



Time: 10:00-11:15am

Programme: Yoga Stretching *Replay

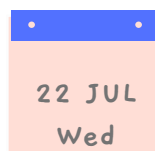
Facilitator: Anjan Kundu



Time: 10:30am-12:00nn

Programme: Yoga for Lower Back Pain (Cantonese & English)

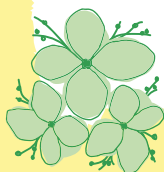
Facilitator: Tiffany Lau





Time: 10:00-11:30am

Programme: Meditation

Facilitator: S K Maddox



For any enquiries, please contact the Wellness and Holistic Health Care staff
at  **3667-3211** or  **WhatsApp 5625-1273** (For enquiry about service user card no. only).

Prepare To Join Our Online Programme

網上課程，您準備好未？

Learn at home with our online classes and workshops!

Hong Kong Cancer Fund is offering a series of online programmes in late April to provide information on post-surgery/treatment care at home and to advise on how to cope better with the emotional side-effects of treatment. Please refer to our website for more information.

To participate in these online programmes, you must download the ZOOM App on your mobile phone or computer as follows:

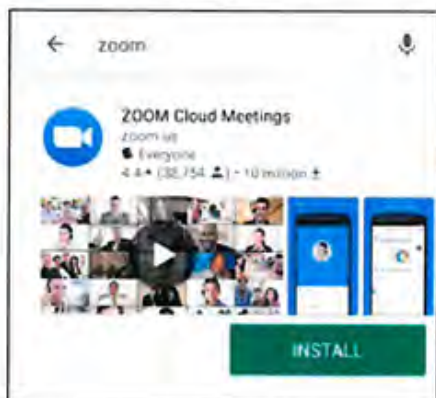
停課不停學！患者即使在家抗疫也可以獲得癌症治療相關資訊、瞭解治療或手術後的護理，與及如何處理受病情或疫情所影響而帶來的負面情緒。本會將於4月下旬開展一系列的網上互動課程，詳情請留意本會網站。

為了提高網上直播畫面的穩定性及導師及學員的互動，參加者須在手機或電腦安裝線上視訊會議軟體 - ZOOM，詳情如下：

The Usage of Zoom (Mobile Version)

Zoom 使用方式 (手機版本)

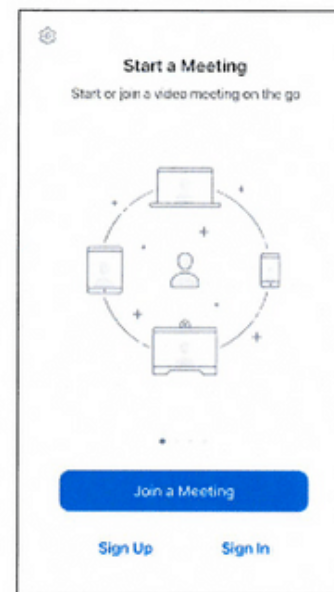
1 Download App "Zoom Cloud Meetings" (Google Play / iOS)



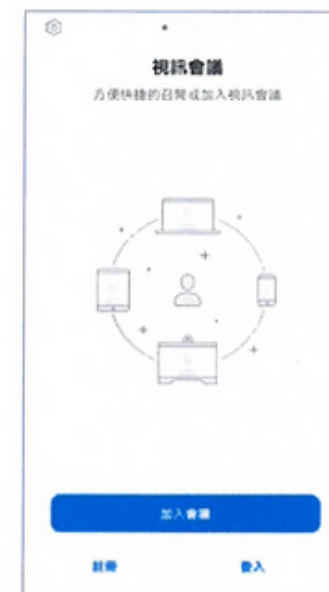
下載程式 "Zoom Cloud Meetings" (Google Play / iOS)



2 Installed then open the App, "Join a Meeting". (Registration is not necessary)



下載後開啟， 按“加入”/“加入會議” (不需註冊可直接輸入)

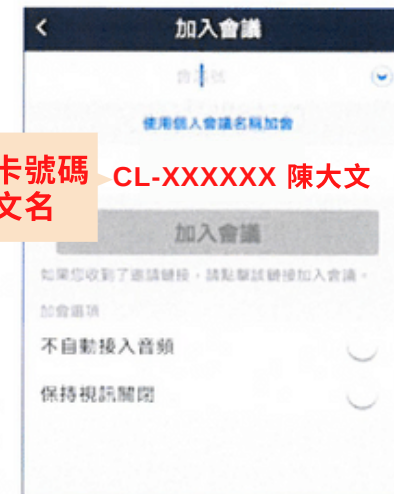


3 Enter "Meeting ID" Enter your name, press "Join Meeting"



User Card No. English Name CL-XXXXXX Chan Tai Man

輸入「會議號碼」 設定姓名，然後按“加入會議”



會員卡號碼 中文名 CL-XXXXXX 陳大文

4 Enter meeting password (if any)

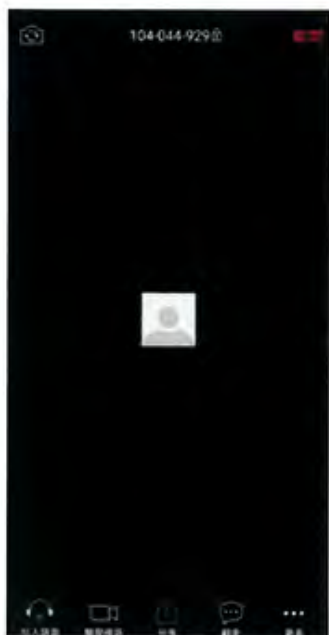


輸入密碼 (如有)



* If this is the first time to use Zoom, it may request for access right of "picture and record video" and "record audio" in your device.
 * 如果是第一次使用Zoom，您需要給予程式「拍攝相片和錄製影片」及「錄製音訊」的權限

In the meeting page 已進入會議頁面



Press "End" to leave the meeting
離開會議

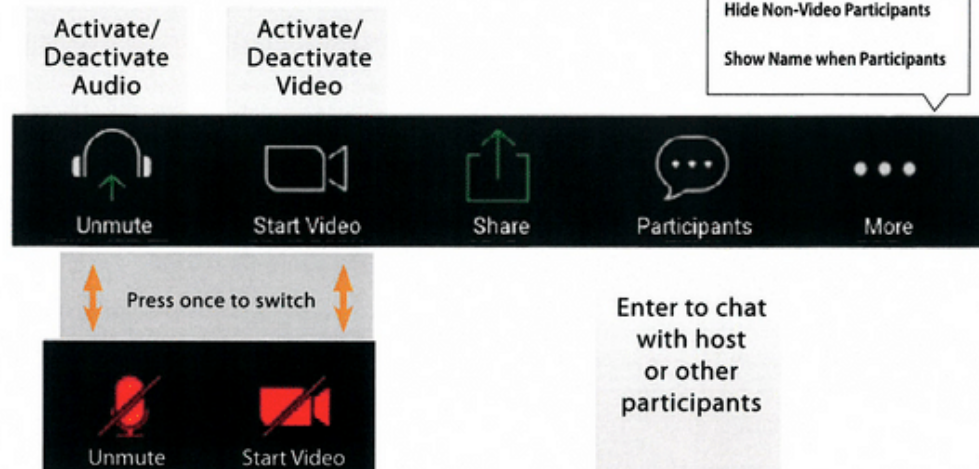
Swipe to right on the screen, to see other participants

用手指在屏幕上向右滑可改為見到其他參加者



Function buttons 會議頁面下方按鈕

Press "Raise Hand", the host will be notified



按"舉手"可向主持人示意



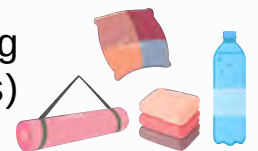
Wellness and Holistic Health Care Live Streaming Programme

Guidelines for Participants Before Class



1. Wear loosen and comfortable clothing, which's not hinder the body movements, avoid wearing accessories. For Taiji and Qigong classes, prefer to wear light cloth shoes with thin soles or wear socks or barefoot, which's comfortable and not easy to fall, and loosening sports clothes and trousers.

2. Please prepare yoga mat, cushion, yoga block (if you have one), yoga strap or long towel (applicable for all classes of yoga, stretching, breathing and relaxation, pilates) and water bottle, to ensure the body with adequate water.



3. Don't eat too much before class, preferably for an apple or a piece of bread. It helps better performance under the empty stomach, therefore avoid eating for 2 hours before class (applicable for all classes of yoga, stretching, breathing and relaxation, meditation, Taiji and Qigong)

4. Participants who have a surgical wound, it is better to join after 3 months of recovery and choose what is appropriate for their status. Please seek medical advice before class if necessary. Cancer Fund shall not be liable for any injury that the participant may suffer during programmes.



5. If you feel tired or uncomfortable, please stop at any time or lay down for rest.

