

'Date Yourself' Live-streaming Class

The third wave of Covid-19 hit Hong Kong, breaking many people's expectations of returning to the normal life. Lots of people are worried that the government will implement lockdown, the panic buying situation in supermarkets happens again, and the uncertainty about the future is permeating the air in Hong Kong. For cancer patients with relatively weak immune systems, anxiety and worries may be deeper.

The feeling of 'impermanence' seems more intense for many people these days. How to find the stability within our body and mind in the turbulent period of time?

We believe that establishing a healthy lifestyle and routine will be of great help. Mindfulness-based wellness programmes can help you find inner strength and tranquility during the fluctuating days of the epidemic. Beginning in August, our daily live-streaming classes will start at 10:30 in the morning and 2:30 in the afternoon. If possible, we encourage you to reserve 90 minutes every day to 'date' your body and mind, nourishing yourself in a safe haven.



How to Join? Enrollment is not required!

1. Install the mobile app or computer software “Zoom”  in advance on your mobile device or computer
2. Join the Zoom meeting 10 minutes before the class starts
3. Enter Zoom meeting ID : 366 732 1100
4. Enter personal name : User Card Number CL-XXXXXX Chinese/English Full Name
5. Enter password : 686013
6. Please refer below timetable and Zoom user guide



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



服務使用證
Service user card

癌症基金會
CANCERFUND

癌症服務中心 CancerLink Support Centre

中環 Central ☎ 3667 3131 黃大仙 Wong Tai Sin ☎ 3656 0700
北角 North Point ☎ 3667 3030 葵涌 Kwai Chung ☎ 3667 3232
天水圍 Tin Shui Wai ☎ 3919 7070

○中環癌症服務中心
香港中環皇后大道中99號中環中心地下G03室
CancerLink Support Centre, Central
Unit 1, Ground Floor, The Center, 99 Queen's Road Central, Hong Kong

○黃大仙癌症服務中心
九龍黃大仙下葵涌商場地下C翼2-8號
CancerLink Support Centre, Wong Tai Sin
Unit 2-8, Wing C, G/F, Lung Cheong House, Lower Wong Tai Sin (H) Estate, Kowloon

○天水圍癌症服務中心
新界天水圍12-18號廣善堂第二期2樓201C室
CancerLink Support Centre, Tin Shui Wai
Shop 201C, 2/F, Tsunane Kingswood (Phase 2), 12-18 Tin Yan Road, Tin Shui Wai, New Territories



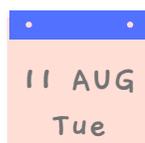
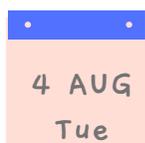
Hong Kong Cancer Fund

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: 2:30-3:45pm
Programme: Chair Yoga (Cantonese & English)
Facilitator: Tiffany Lau



Time: 10:30-11:45am
Programme: Awareness Through Movement (ATM™) - The Feldenkrais Method®
(Cantonese & English)
Facilitator: Sean Curran
Props: yoga mat, medium-sized towel



Time: 2:30-3:45pm
Programme: Breathing & Relaxation
(Cantonese & English)
Where is the breath?
The breath is here and now
Arriving to the body
Let the softness show up naturally
Facilitator: Loretta Teo



Time: 2:30-3:45pm
Programme: Mindfulness Yoga
(Cantonese & English)
Where is the breath?
The breath is here and now
Focus to the body
Release tension and worry
Facilitator: Loretta Teo



Time: 2:30-3:45pm
Programme: Yoga Stretching
Facilitator: Anjan Kundu



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).



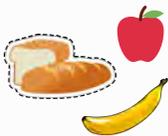
Wellness and Holistic Health Care Live Streaming Programme

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.



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)

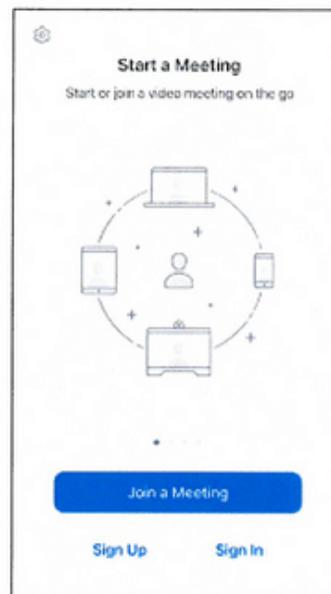
1 Download App "Zoom Cloud Meetings" (Google Play / iOS)



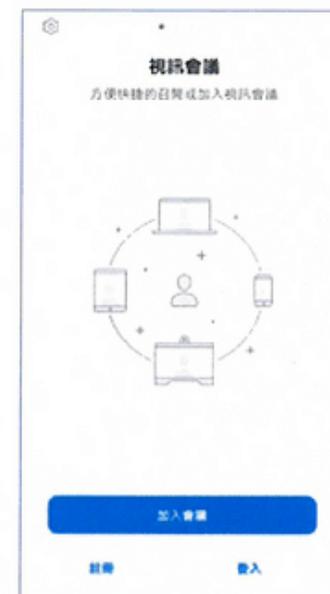
下載程式 "Zoom Cloud Meetings" (Google Play / iOS)



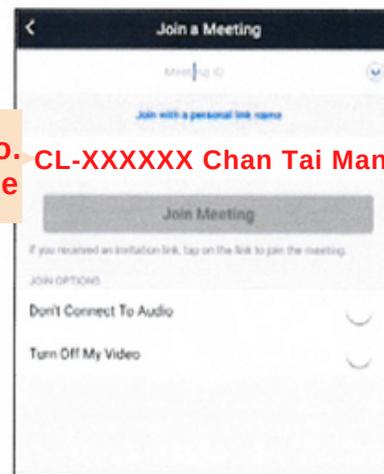
2 Installed then open the App, "Join a Meeting". (Registration is not necessary)



下載後開啟， 按“加入”/“加入會議” (不需註冊可直接輸入)

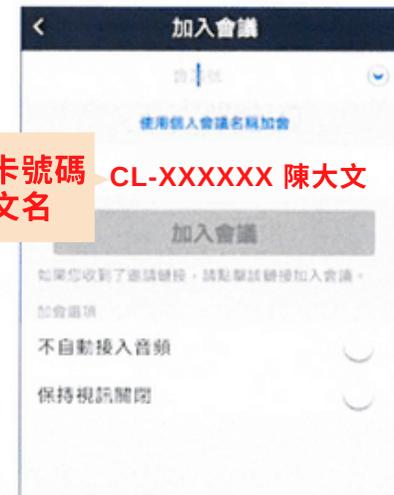


3 Enter "Meeting ID" Enter your name, press "Join Meeting"



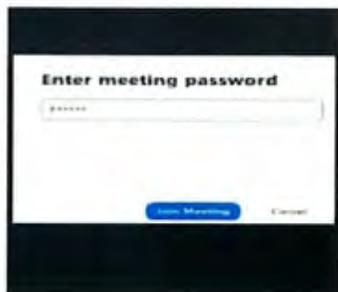
User Card No. English Name CL-XXXXXX Chan Tai Man

輸入「會議號碼」 設定姓名，然後按“加入會議”

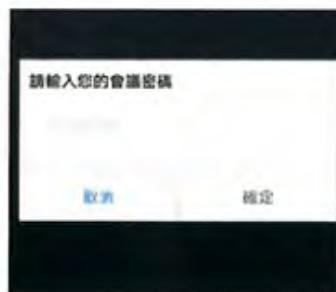


會員卡號碼 中文名 CL-XXXXXX 陳大文

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

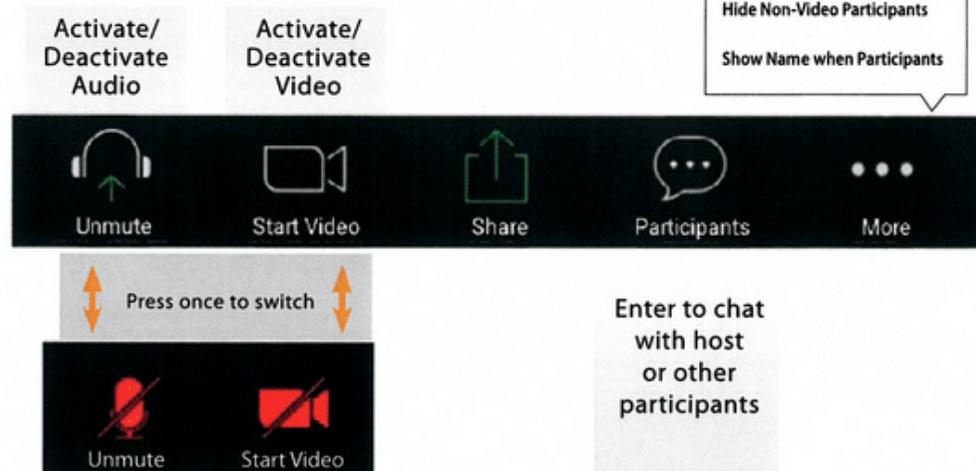
Swipe to right on the screen, to see other participants

用手指在螢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



Enter to chat with host or other participants



按"舉手"可向主持人示意



進入文字聊天與講者或其他參加者提問或對話