

Appreciate the Joy of a Slower Lifestyle

Keeping daily routines can be really good for your health especially during the COVID-19 pandemic. Repetitive actions such as exercising can improve your mental health by reducing your stress levels.

We suggest that you write a list of tasks that you want to achieve each day. Here's a sample:

1. Exercise: Take a class every day. For example, join our daily Wellness live-streaming classes, Monday to Saturday to practice yoga, Qigong or meditation classes at **10:30** in the morning and **2:30** in the afternoon.


2. Diet: Plan and cook a balanced meal with proteins, vegetables and healthy carbohydrates for you and your family. Enjoy the meal mindfully.

3. Connect: Video call, e-mail or use Whatsapp to connect with your family and friends. Express your love for them.

Let go of negative thoughts, continue to live life to the fullest during the pandemic, and experience the joy of a slower lifestyle!



How to Join? Enrollment is not required!

1. Install the mobile app or computer software “Zoom” 
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 :



< 加入會議

366 732 1100

使用個人會議名稱加會

CL-XXXXXX 陳大文

加入會議

如果您收到了邀請鏈接，請點擊鏈接加入會議。

加會選項

不自動接入音頻

保持視訊關閉

★Correct entry format
Service User Card No.+Space+Your Name

For any queries, please contact Wellness & Holistic Health Care Team at 36673211



Awareness through Movement (ATM™) - The Feldenkrais Method™

The Feldenkrais Method involves a range of diverse movement experiments and body awareness exercises that can help to release habitual tensions and reduce strain. Participants will usually lie on the floor in a comfortable position and the class facilitator will guide you through a sequence of movements with gentle focus and within a comfortable range. As you focus on improving quality of movement, unnecessary muscular tensions throughout the body can be released.

Props: one yoga mat and one medium-sized towel



Breathing and Relaxation - Relax and Refresing the body

Learn different yoga breathing techniques to revitalise your body and calm your mind.

Props: one yoga mat, two cushions and a blanket or towel



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**

31 AUG
Mon

14 SEP
Mon

Time: 14:30-15:45pm
Programme: Therapeutic Yoga
Facilitator: April Tsai



1 SEP
Tue

8 SEP
Tue

Time: 10:30am-12:00nn
Programme: Awareness Through Movement (ATM™) - The Feldenkrais Method®
(Cantonese & English)
Facilitator: Sean Curran
Props: yoga mat, medium-sized towel



4 SEP
Fri

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



15 SEP
Tue

Time: 10:30-11:45am
Programme: Yoga Stretching *Replay
Facilitator: Anjan Kundu

7 SEP
Mon

Time: 2:30-3:45pm
Programme: Breathing & Relaxation - Relaxing the Body
(Cantonese & English)
Facilitator: Loretta Teo

21 SEP
Mon

Time: 2:30-3:45pm
Programme: Breathing & Relaxation - Refreshing the Body
(Cantonese & English)
Facilitator: Loretta Teo

16 SEP
Wed

Time: 10:30am-12:00nn
Programme: Meditation - Why awareness is the essence of meditation practice?
Facilitator: SK Maddox



25 SEP
Fri

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



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).

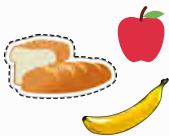
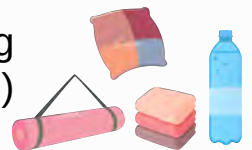
Wellness and Holistic Health Care Live Streaming Programme

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:

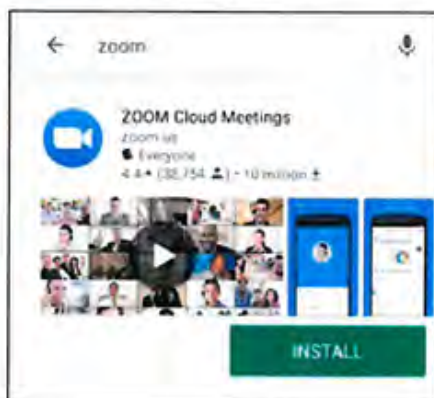
停課不停學！患者即使在家抗疫也可以獲得癌症治療相關資訊、瞭解治療或手術後的護理，與及如何處理受病情或疫情所影響而帶來的負面情緒。本會將於4月下旬開展一系列的網上互動課程，詳情請留意本會網站。

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)

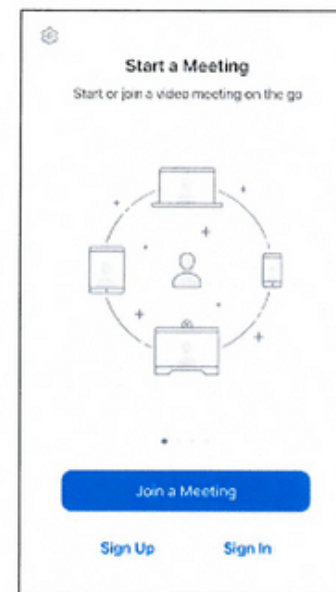
1 Download App "Zoom Cloud Meetings" (Google Play / iOS)



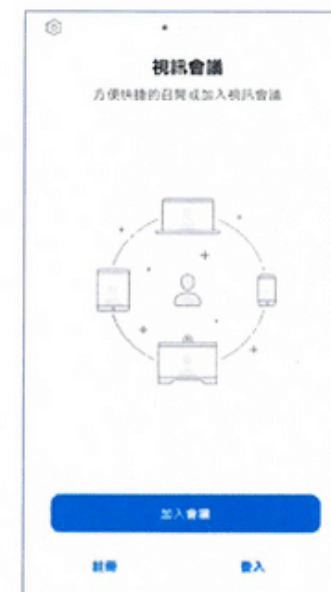
下載程式 "Zoom Cloud Meetings" (Google Play / iOS)



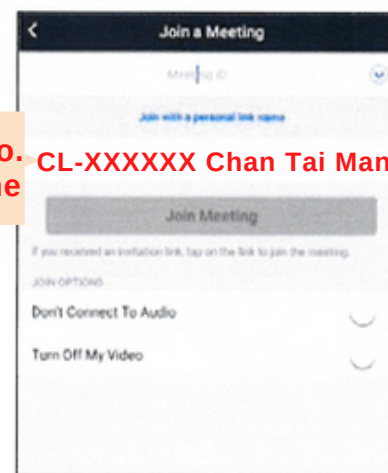
2 Installed then open the App, "Join a Meeting". (Registration is not necessary)



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"

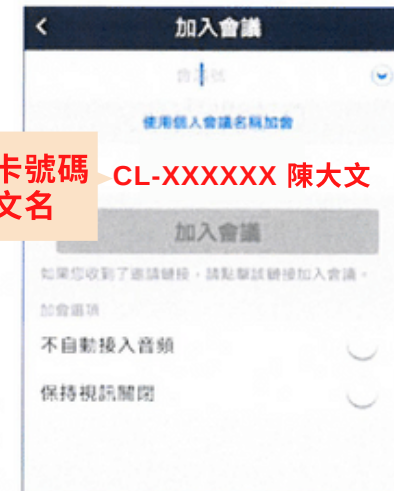


User Card No.
English Name

CL-XXXXXX Chan Tai Man

會員卡號碼
中文名

CL-XXXXXX 陳大文



4 Enter meeting password (if any)

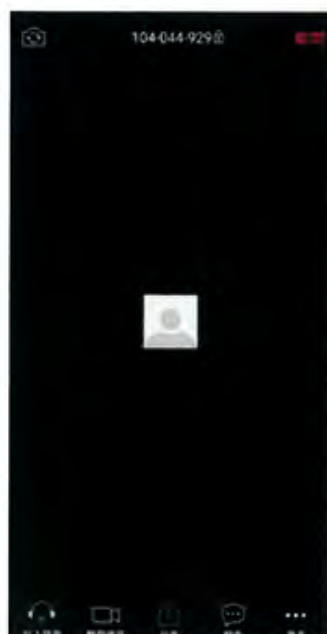


輸入密碼 (如有)



* 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

Activate/
Deactivate
Audio

Activate/
Deactivate
Video



Unmute



Start Video



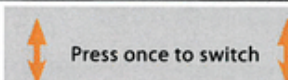
Share



Participants



More

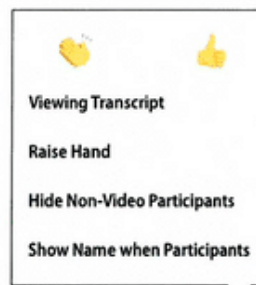


Unmute



Start Video

Enter to chat
with host
or other
participants



啟用/停止
語音發言

啟用/停止
視訊



加入語音



關閉視訊



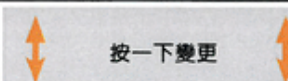
分享



觀眾



更多

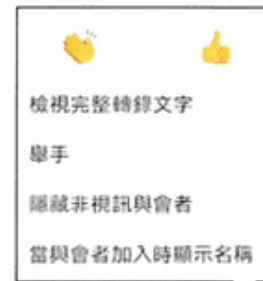


解除靜音



啟用視訊

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