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” 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
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

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).

Programme: Awareness Through Movement (ATM™) - The Feldenkrais Method®
Facilitator: Sean Curran
Props: yoga mat, medium-sized towel
Time: 10:30am-12:00nn
Programme: Meditation - Why awareness is the essence of meditation practice?
Facilitator: SK Maddox
Time: 10:30-11:45am

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

Programme: Breathing & Relaxation - Refreshing the Body
Facilitator: Loretta Teo
Time: 14:30-15:45pm
Facilitator: Anjan Kundu
Time: 2:30-3:45pm
Facilitator: Anjan Kundu
Time: 2:30-3:45pm
Programme: Therapeutic Yoga
Facilitator: April Tsai
Time: 14:30-15:45pm

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

Programme: Yoga Stretching *Replay
Facilitator: Anjan Kundu
Time: 2:30-3:45pm
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，了解治療或手術後的護理，及如何處理受病情及治療所影響而帶來的負面情緒，本會將於4月下旬組織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”.
(Installation is not necessary)

3 Enter “Meeting ID”, enter your name, press “Join Meeting”.

User Card No.
CL-XXXXXX Chan Tai Man

English Name
會員卡號碼
CL-XXXXXX 陳大文

中文名
**Enter meeting password (if any)**

*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.

**Press “Raise Hand”, the host will be notified**

**Function buttons**

- Viewing Transcript
- Raise Hand
- Hide Non-Video Participants
- Show Name when Participants

**Activate/Deactivate Audio**

- Unmute
- Start Video
- Share
- Participants
- More

**In the meeting page**

- **Press “End” to leave the meeting**
- **Swipe to right on the screen, to see other participants**

**Press “舉手”可向主持人示意**

- **啟用/停止語音發言**
- **啟用/停止視訊**

**檢視完整轉錄文字**
- **舉手**
- **隱藏非視訊與會者**
- **當與會者加入時顯示名稱**

**進入文字聊天與講者或其他參加者提問或對話**