

**Hong Kong Cancer Fund**  
**Wellness Programme Timetable for Oct to Dec 2020**  
**58 Programmes**  
**(24 Classes + 34 Workshops)**

**Outreach venues & 4 Support Centres :**  
 C = Central  
 NP = North Point  
 WTS = Wong Tai Sin  
 KC = Kwai Chung

Mon	Tue	Wed	Thu	Fri	Sat
<b>Pink Yoga Class</b> Jockey Club Support Centre (KC) 10 sessions	<b>Awareness Through Movement - The Feldenkrais Method Class</b> <b>(English w/ Cantonese translation)</b> Central 6 sessions	<b>Pink Yoga Class</b> Tuen Mun 6 sessions	<b>Laughter Yoga Class</b> Jockey Club Support Centre (KC) 9 sessions	<b>Crystal Singing Bowls Sound Spa Workshop</b> <b>(In English/Putonghua)</b> Support Centre (NP) 2 sessions	<b>Mindfulness Yin Yoga Workshop</b> Jockey Club Support Centre (KC) 2 sessions
<b>Yoga for Men Class</b> Jockey Club Support Centre (KC) 10 sessions	<b>Yoga for Beginners Class</b> Jockey Club Support Centre (KC) 10 sessions	<b>Chair Yoga Class</b> Support Centre (WTS) 4 sessions	<b>Qigong Warm-up Session Class</b> Jockey Club Support Centre (KC) 10 sessions	<b>Yin Yoga Class</b> Jockey Club Support Centre (KC) 10 sessions	<b>Introductory Workshop on Mindfulness Body-Mind Awareness and Connection</b> Jockey Club Support Centre (KC) 1 session
<b>Laughter Yoga Class</b> Support Centre (WTS) 5 sessions	<b>Chair Yoga Class</b> Support Centre (NP) 3 sessions	<b>Yoga for Men Class</b> Support Centre (NP) 10 sessions	<b>Guo Lin Qigong Workshop</b> Support Centre (NP) 5 sessions	<b>Laughter Yoga Class</b> Sheung Wan 9 sessions	<b>Introductory Workshop of Pilates Exercise A</b> Support Centre (WTS) 3 sessions
<b>Release the Chain of Anxiety Mindfulness Class</b> Support Centre (NP) 10 sessions	<b>Breathing and Relaxation for Beginners Class</b> Jordan 10 sessions	<b>Breathing and Relaxation for Beginners Class</b> Tuen Mun 4 sessions	<b>Eat Wise Healthy Cooking Workshop - Plant-Based Collagen</b> Jockey Club Support Centre (KC) 1 session	<b>Yoga for Knee Pain Prevention Workshop</b> Support Centre (WTS) 2 sessions	<b>Introductory Workshop of Pilates Exercise B</b> Support Centre (WTS) 3 sessions
<b>Introductory Workshop of Pilates Exercise</b> Jockey Club Support Centre (KC) 3 sessions	<b>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Class</b> Tiu Keng Leng 9 sessions	<b>Chen Style Taiji for Beginners Class</b> Cheung Sha Wan 11 sessions	<b>Eat Wise Healthy Cooking Workshop - Healthy Turmeric</b> Jockey Club Support Centre (KC) 1 session	<b>Guo Lin Qigong Class</b> Jockey Club Support Centre (KC) 10 sessions	<b>Mandala Practice Day Workshop B</b> Jockey Club Support Centre (KC) 1 session
<b>Pilates Exercise for Beginners Class</b> Jockey Club Support Centre (KC) 7 sessions	<b>Guo Lin Qigong Workshop</b> Support Centre (NP) 5 sessions	<b>Chen Style Taiji for The Experienced Class</b> Cheung Sha Wan 11 sessions	<b>Eat Wise Healthy Cooking Workshop - Desserts for X'mas</b> Jockey Club Support Centre (KC) 1 session	<b>Guo Lin Qigong Revision Class</b> Jockey Club Support Centre (KC) 2 sessions	<b>Singing Bowl Self-Healing Workshop</b> Jockey Club Support Centre (KC) 3 sessions
<b>Tibetan Singing Bowls Healing Workshop</b> Jockey Club Support Centre (KC) 1 session	<b>Mandala Starry Sky Painting Workshop</b> Jockey Club Support Centre (KC) 1 session	<b>Wan's Meridian Harmony Movement Workshop</b> Support Centre (WTS) 2 sessions	<b>Healthy Diet Talk Workshop</b> Support Centre (NP) 1 session	<b>Mandala Arts Healing Workshop</b> Jockey Club Support Centre (KC) 2 sessions	<b>Aromatherapy for Cancer Care Workshop</b> Support Centre (WTS) 1 session
<b>Massage Exercise Ball Workshop</b> Jockey Club Support Centre (KC) 2 sessions	<b>Tibetan Singing Bowls Healing Workshop A</b> Support Centre (NP) 1 session	<b>Chanting Class</b> Support Centre (NP) 10 sessions	<b>Energy Healing Workshop</b> Support Centre (WTS) 2 sessions	<b>Mandala Practice Day Workshop A</b> Jockey Club Support Centre (KC) 1 session	<b>Eat Wise Healthy Cooking Workshop - The Taste of Chinese Cuisines</b> Jockey Club Support Centre (KC) 1 session
	<b>Tibetan Singing Bowls Healing Workshop B</b> Support Centre (NP) 1 session	<b>Gong Bath Healing Workshop</b> Jockey Club Support Centre (KC) 1 session		<b>Talk - Seasonal Healthy Soup and Tea Workshop</b> Support Centre (WTS) 1 session	<b>Eat Wise Healthy Cooking Workshop - The Taste of Italian Cuisines</b> Support Centre (WTS) 1 session
	<b>Water Kefir Workshop</b> Jockey Club Support Centre (KC) 2 sessions	<b>Food for the Heart (Book Club) Class</b> Support Centre (NP) 4 sessions			
	<b>Eat Wise Healthy Cooking Workshop - Fibre Rich Sweet Potato</b> Support Centre (WTS) 1 session	<b>Healthy Sprouting Workshop</b> Support Centre (WTS) 1 session			
	<b>Eat Wise Healthy Cooking Workshop - Tasty Mushrooms</b> Support Centre (WTS) 1 session				
	<b>Eat Wise Healthy Cooking Workshop - Bean Curd</b> Support Centre (WTS) 1 session				

11 types

Yoga Therapy
Breathing and Relaxation
Mindfulness
Qigong and Taiji
Body Awareness
Pilates Exercise
Arts Healing
Sound Healing
Holistic Living
Healthy Diet
Others