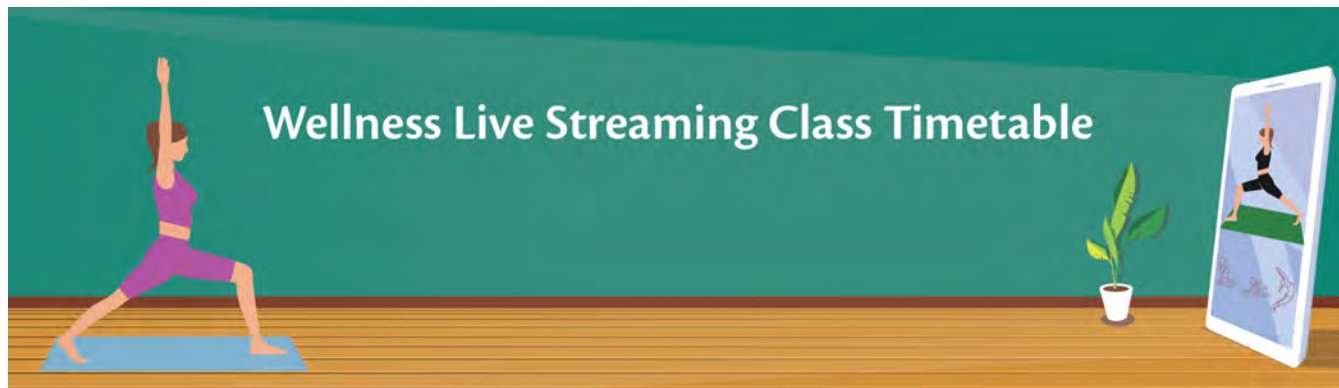


# **Buddy Referral : Share Happiness with Your Peers**

Since we launched our popular Wellness live streaming ZOOM classes in mid-April, the total number of attendances has reached 12,000. According to our post-class survey, many of our users appreciated being able to continue their exercises and practice at home via ZOOM during the pandemic. These classes helped them improve mobility, strength, sleep quality and brought peace of mind.

One of the most popular aspects of our ZOOM classes is that **no registration is required**. It also saves time to take classes from home. However, some people miss the encouragement and fun moments with others in the class. Both online and in-person classes have their own unique merits. During the pandemic, the innovative live streaming classes solved the problem of long waiting lists for some programmes in the past and allowed us to serve homebound cancer patients, those who cannot travel to our classes due to a busy work schedule, and those who live overseas.

Many people asked whether our online classes will continue in the future. The answer is YES. At the same time, we need your help to **spread the news about our ZOOM Wellness classes to more people who are touched by cancer!** Share about your holistic health benefits from online classes, and how easy it is to use the Zoom app to encourage more people to participate!



# Feedback from Our Users



"Thank you for your teaching. I learned how to use loving-kindness and acceptance to face pain and reduce suffering in life. By practicing more awareness and cultivating wisdom, we can embrace life, even if there is pain, we can alleviate suffering." - Meditation participant Poon

"Dear Ms Woo, Thank you for your class. This is my first time taking it. Besides exercise classes, positive psychology classes are just as important during this critical period. Emotional and mental health affect our well-being. Thank you for your encouragement and the positive energy. Much appreciated." - Body Mind Spirit Workshop participant Fong

"I feel lighter after the class, the targeted stretching moves in the triangle position & pelvic turns helped me feel more relaxed." - The Feldenkrais Method® participant Stella

"Thanks Anjan. Very relaxing exercise and it eased my lower back pain." - Yoga Stretching participant

# 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.

**Facilitator:** Mr Sean Curran

**Props:** one yoga mat and one medium-sized towel

## Restorative Yoga


Restorative Yoga helps to relax our physical body and soothe the nervous system, allowing us to stay still in poses and simply be in our natural state. The practice can help patients with pain management, reducing worries and releasing calmness within.

**Facilitator:** Ms Loretta Teo

**Props:** one yoga mat, four cushions or pillows, two to three blankets or towels



# 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



- 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 3, Ground Floor, The Center, 99 Queen's Road Central, Hong Kong
- 黃大仙癌症服務中心  
九龍黃大仙下邨基福樓地下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 (II) 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, Tsun Shuen Kingwood (Phase 2), 12-18 Tin Yan Road, Tin Shui Wai, New Territories

親臨服務中心時，請攜帶此卡。 Please bring this card with you when you visit CancerLink.



# 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**

2 NOV  
Mon

16 NOV  
Mon

**Time: 2:30-4:00pm**  
**Programme: Therapeutic Yoga**  
**Facilitator: April Tsai**



3 NOV  
Tue

10 NOV  
Tue

17 NOV  
Tue

24 NOV  
Tue

**Time: 11:15am-12:45pm**  
**Programme: Awareness Through Movement (ATM™) - The Feldenkrais Method® (Cantonese & English)**  
**Facilitator: Sean Curran**  
**Props: yoga mat, medium-sized towel**



5 NOV  
Thur

19 NOV  
Thur

**Time: 10:30am-12:00nn**  
**Programme: Yin Yoga**  
**Facilitator: April Tsai**  
**Props: 1 medium-sized towel, 1 block or cushion**



9 NOV  
Mon

23 NOV  
Mon

**Time: 2:30-4:00pm**  
**Programme: Restorative Yoga (Cantonese & English)**  
**Facilitator: Loretta Teo**  
**Props: 4 cushions/pillows, 2-3 blankets or towels**



12 NOV  
Thur

26 NOV  
Thur



**Time: 10:30am-12:00nn**  
**Programme: Yin Yoga (Cantonese & English)**  
**Facilitator: Loretta Teo**  
**Props: 2 cushions/pillows, 2 blankets**



18 NOV  
Wed

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



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).



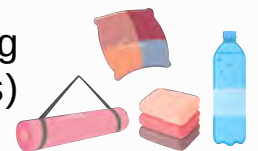
# Wellness and Holistic Health Care Live Streaming Programme

## 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:

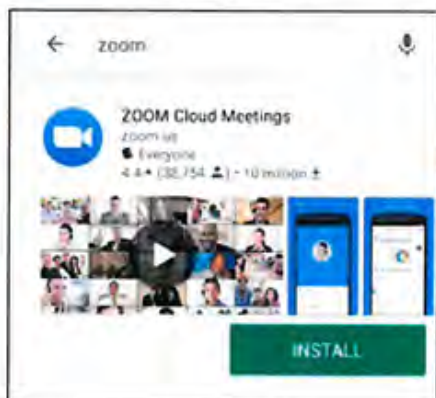
停課不停學！患者即使在家抗疫也可以獲得癌症治療相關資訊、瞭解治療或手術後的護理，與及如何處理受病情或疫情所影響而帶來的負面情緒。本會將於4月下旬開展一系列的網上互動課程，詳情請留意本會網站。

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)

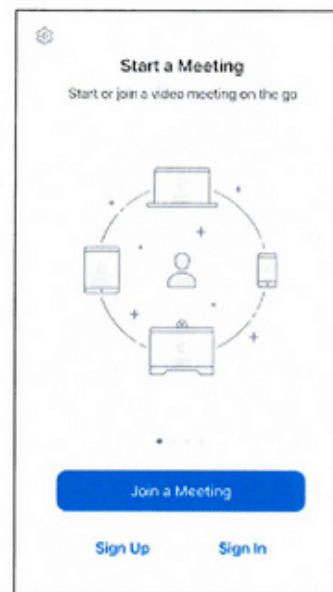
#### 1 Download App "Zoom Cloud Meetings" (Google Play / iOS)



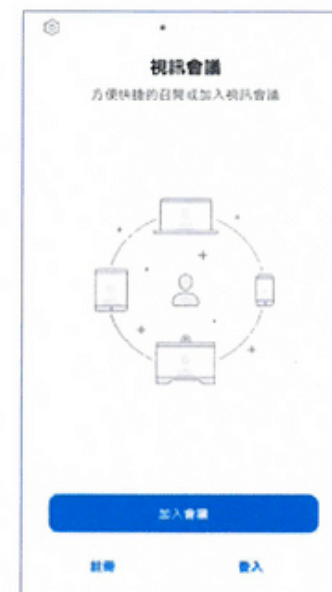
#### 下載程式 "Zoom Cloud Meetings" (Google Play / iOS)



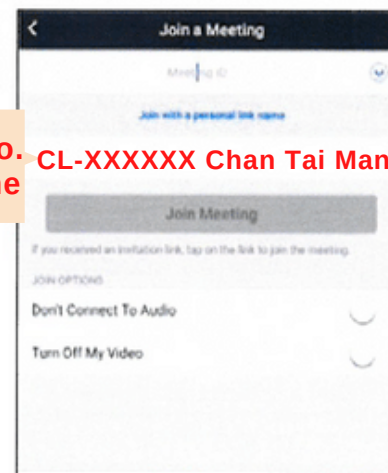
#### 2 Installed then open the App, "Join a Meeting". (Registration is not necessary)



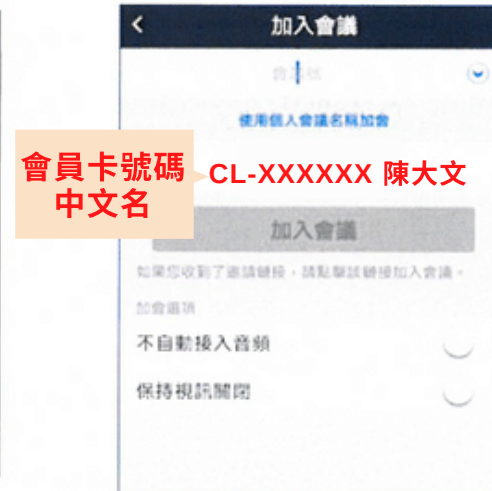
下載後開啟，  
按“加入”/“加入會議”  
(不需註冊可直接輸入)



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



輸入「會議號碼」  
設定姓名，然後按“加入會議”



## 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



啟用/停止  
語音發言

啟用/停止  
視訊

按"舉手"可向主持人示意



解除靜音

啟用視訊

進入文字  
聊天與講  
者或其他  
參加者提  
問或對話

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