

Wellness Live Streaming Class Timetable

Yoga for Beginners

Through gentle postures and mindful breathing, this class enhances the vitality and relaxation of the body and mind for self-healing.

Date: 5, 12 Jan (Thu) 10:30am-12:00nn

Facilitator: Ms Angora Ngai (Cantonese-English bilingual class)

Props: one yoga mat, one yoga block



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. Check out the videos on how to use the online Zoom software for both iPhone & Android users.
Click for details ([iPhone version](#); [Android version](#))
7. For any enquiries, please contact us at 3667-3211 or WhatsApp 5625-1273 (For enquiry about service user card number only).

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
九龍彌敦道下層龍匯樓地下C翼2-4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
新界天水圍第12-14號富善樓第二期201C室
CancerLink Support Centre, Tin Shui Wai
Shop 201C, 2/F, Phase 2, Kingwood (Phase 2), 12-18 Tin Yan Road, Tin Shui Wai, New Territories.

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

