

Hong Kong Cancer Fund
Wellness Programme Timetable for July to September 2026
100 Programmes

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

[Please click here to visit our latest programme publication - Link](#)

Mon	Tue	Wed	Thu	Fri	Sat
Oncology Massage for Cancer Care Workshop F10785A (In English) Support Centre (C) 1 session	Yoga for Beginners K10601A Jockey Club Support Centre (KC) 10 sessions	Pink Yoga C10603A (In English) Causeway Bay 9 sessions	Yoga for Beginners W10601B Kwun Tong 10 sessions	Pilates Exercise for Beginners C10687A (In English) Wanchai 9 sessions	Bring Some Juice into Your Life C10745A (In English) Support Centre (NP) 1 session
Yoga for Beginners W10601A Hang Hau 10 sessions	Yoga for Beginners K10601B Tuen Mun 11 sessions	Yoga for Beginners C10601A Quarry Bay 10 sessions	Yoga for Beginners W10601C Wong Tai Sin 7 sessions	Singing Bowls Healing Workshop A C10720A (In English) Support Centre (NP) 1 session	Yoga for Beginners C10601B Quarry Bay 7 sessions
Yoga for Beginners K10601C ZOOM 5 sessions	Yoga Stretching with Resistance Band K10613A Sham Shui Po 11 sessions	Pink Yoga K10603A Jockey Club Support Centre (KC) 10 sessions	Meridian Yin Yoga Workshop C10608A Central 10 sessions	Singing Bowls Healing Workshop B C10720B (In English) Support Centre (NP) 1 session	Yoga for The Experienced Participants C10602A Quarry Bay 7 sessions
Yoga Stretching with Resistance Band K10613B ZOOM 4 sessions	Chair Yoga C10610A Support Centre (NP) 5 sessions	Pink Yoga C10603B Quarry Bay 10 sessions	Nine Yoga and Sound Healing C10639A Central 10 sessions	Yoga Stretching with Resistance Band C10613A Wanchai 5 sessions	Yoga for a Happy Spine C10617A Quarry Bay 3 sessions
Niyama Yoga W10633A Support Centre (WTS) 3 sessions	Yin Yang Yoga W10609A Kwun Tong 9 sessions	Yoga Stretching with Resistance Band W10613A Che Kung Temple 9 sessions	Yoga for Managing Lymphoedema in Upper and Lower Limbs C10619A Central 10 sessions	Laughter Yoga C10612A Sheung Wan 6 sessions	Pilates for Strengthening Pelvic Floor Muscles K10692A Jockey Club Support Centre (KC) 6 sessions
Qigong Warm-up Exercise K10786A Jockey Club Support Centre (KC) 2 sessions	Yoga for Lower Body Strengthening and Balancing C10616A North Point 10 sessions	Laughter Yoga K10612A Jockey Club Support Centre (KC) 5 sessions	Yi Jin Bang Exercise Part I K10771A Jockey Club Support Centre (KC) 5 sessions	Gentle Flow Yoga W10637A Kwun Tong 9 sessions	Water Colour Painting Arts Healing F10775A Support Centre (C) 4 sessions
Pilates Exercise for Beginners Class A K10687A Jockey Club Support Centre (KC) 8 sessions	Yoga for a Happy Spine W10617A Support Centre (WTS) 4 sessions	Yoga for Men K10611A Jockey Club Support Centre (KC) 5 sessions	Pilates Exercise for Beginners C10687B Central 10 sessions	Yoga for Neck and Shoulder Pain W10618A Tai Po 9 sessions	Mandala and Daily Life Arts Healing Workshop F10783A Support Centre (C) 1 session
Pilates Exercise for Beginners Class B K10687B Jockey Club Support Centre (KC) 8 sessions	Massage and Stretching Workshop for Better Sleep K10780A Jockey Club Support Centre (KC) 2 sessions	Chair Yoga K10610A Jockey Club Support Centre (KC) 7 sessions	Pink Pilates C10690A Central 10 sessions	Chen Style Taiji for Beginners K10679A Jockey Club Support Centre (KC) 11 sessions	Singing Bowls Healing K10720A Jockey Club Support Centre (KC) 2 sessions
Bring Heart to the Home: Sound Meditation C10784A Support Centre (NP) 4 sessions	Breathing and Relaxation W10641A Jordan 9 sessions	Yoga for Lower Body Strengthening and Balancing W10616A Ho Man Tin 10 sessions	Freeing the Neck and Shoulders - The Feldenkrais Method K10703A Jockey Club Support Centre (KC) 4 sessions	Chen Style Taiji for Beginners K10679B Yuen Long 11 sessions	Oncology Massage for Cancer Care W10737A Support Centre (WTS) 1 session
Singing Bowls Healing W10720A Support Centre (WTS) 2 sessions	Breathing and Relaxation C10641A Support Centre (NP) 5 sessions	Yoga for Strengthening Pelvic Floor Muscles K10622A ZOOM 9 sessions	Zentangle - One Hour Mindful Zentangle Art Healing K10717A ZOOM 3 sessions	Taiji Stake-Standing Zhan Zhuang Workshop C10683A Sheung Wan 5 sessions	Ayurveda Self-Awareness Workshop K10776A Jockey Club Support Centre (KC) 1 session
Yoga Stretching and Sound Spa K10726A Jockey Club Support Centre (KC) 3 sessions	Guo Lin Qigong Workshop C10656A Shek Tong Tsui 5 sessions	Meditation for Beginners C10645A (In Putonghua) Tsim Sha Tsui 8 sessions	Healthy Sprouting K10741A Jockey Club Support Centre (KC) 2 sessions	Guo Lin Qigong K10655A Jockey Club Support Centre (KC) 8 sessions	
Eat Wise Workshop - Tasty Bean Curd W10743A (In Putonghua) Support Centre (WTS) 1 session	Health Qigong Ba Duan Jin and Yi Jin Bang Exercise Part I C10659A Shek Tong Tsui 7 sessions	Mindfulness and Meridian Health Workshop C10652A Support Centre (NP) 1 session	Reorganising Your Home and Life Detach Discard Dissolve 2.0 W10732A Support Centre (WTS) 1 session	Qigong 8 Forms K10676A Jockey Club Support Centre (KC) 4 sessions	
Rhythmic Stretch Workshop A K10768A Jockey Club Support Centre (KC) 4 sessions	Qigong Warm-up Session C10671A Shek Tong Tsui 7 sessions	Chen Style Taiji 16 Form W10679A Hung Hom 6 sessions	Healthy Diet Talk K10754A ZOOM 2 sessions	Yi Jin Bang Exercise with Singing Practice C10665A Sai Wan Ho 6 sessions	

11 types

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

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Rhythmic Stretch Workshop B K10768B Jockey Club Support Centre (KC) 4 sessions	Qigong 12 Forms W10666A Tiu Keng Leng 10 sessions	Chen Style Taiji for Beginners K10679C Cheung Sha Wan 11 sessions		Qigong 12 Forms C10666A Sai Wan Ho 6 sessions	
Wan's Meridian Harmony Movement W10769A Support Centre (WTS) 2 sessions	Introductory Workshop of Pilates Exercise W10686A Support Centre (WTS) 3 sessions	Taiji Zhan and Mindfulness Workshop C10773A Hung Hom 5 sessions		Pilates Exercise for Beginners K10687C ZOOM 8 sessions	
Massage Exercise Ball K10767A Jockey Club Support Centre (KC) 3 sessions	Singing Bowls Healing Workshop A C10720C Central 1 session	Guo Lin Qigong Workshop C10656B Tsim Sha Tsui 5 sessions		Lambdoma Sonic Healing Workshop K10728A Jockey Club Support Centre (KC) 3 sessions	
	Singing Bowls Healing Workshop B C10720D Central 1 session	Pilates for Healthy Posture W10691A Support Centre (WTS) 3 sessions		Mindful Tea Appreciation C10738A Support Centre (NP) 1 session	
	Singing Bowls Healing Workshop C C10720E Central 1 session	Zentangle W10714A Support Centre (WTS) 3 sessions			
	Singing Bowls Healing Workshop D C10720F Central 1 session	Crystal Tones™ Singing Bowls Healing C10724A Causeway Bay 3 sessions			
	Gong Bath Healing K10725A Jockey Club Support Centre (KC) 2 sessions	Gong Bath Healing W10725A Support Centre (WTS) 1 session			
	Eat Wise Workshop - Summer Melons K10743A (In Putonghua) Jockey Club Support Centre (KC) 1 session	Whole Food Plant-Based Diet for Healthy Desserts K10752A Jockey Club Support Centre (KC) 1 session			
	Talk - Seasonal Healthy Soup and Tea W10753A Support Centre (WTS) 1 session	Koji Rice Fermentation Workshop K10748A Jockey Club Support Centre (KC) 1 session			

11 types