Activities Schedule | September - October 2017

<table>
<thead>
<tr>
<th>Informational, Emotional &amp; Psychological Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visitors may just drop in or make an appointment to see one of our professional staff (cancer support specialist, clinical psychologist or social worker) to get support and learn strategies in dealing with a diagnosis of cancer and its consequences.</td>
</tr>
</tbody>
</table>

- **Monday to Friday 9:00a.m. – 5:00p.m.**

<table>
<thead>
<tr>
<th>Managing Symptoms and Side Effects (Oncology Nurse Consultation)</th>
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</thead>
<tbody>
<tr>
<td>Meet with an oncology nurse to receive accurate and in-depth informational support to know more about what cancer is, what the treatment options are, how to manage side effects, and other practical ways to help yourself cope better during your cancer journey.</td>
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</tbody>
</table>

- **Monday to Friday 9:00a.m. – 5:00p.m.**

<table>
<thead>
<tr>
<th><em>Relaxation – Individual and Group</em></th>
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<tbody>
<tr>
<td>Relaxation and stress management techniques can significantly reduce emotional distress and promote healthy psychological and physical adjustment to a cancer diagnosis. There are individual and group sessions to meet different needs.</td>
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</table>

**Group:** Every Monday, Wednesday and Friday 2:00p.m. – 3:00p.m.
Every Friday 11:00a.m. – 12:00p.m.

**Individual:** By appointment

<table>
<thead>
<tr>
<th><em>Meditation</em></th>
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<tbody>
<tr>
<td>Meditation enhances awareness of physical sensations and emotional feelings. Regular practice also promotes relaxation, creates a sense of well-being and helps reduce problems such as pain, sleeping difficulties and other challenges associated with cancer.</td>
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</table>

- **Practice:** Every Tuesday, 9:15a.m. – 12:15p.m. (20-40 minutes per session)
- **Class:** TBC
- **Day Camp:** TBC
- **Evening Camp (For anyone who has joined Meditation sessions before):**
  - 14 September, 2017 (Thu) 5:00p.m. – 8:30p.m.
  - 19 October, 2017 (Thu) 5:00p.m. – 8:30p.m.
## Breast Cancer Support Group: Lymphoedema Exercise Workshop

Breast Cancer treatment can give rise to a variety of Lymphoedema Activity problems such as edema and cellulitis. Our “Lymphoedema Exercise Workshop” teaches people exercise and massage techniques to improve lymph circulation, reduce the risk of lymphedema and cope with side effects from cancer treatment.

- **3 Oct, 2017 (Tue) 11:00 a.m. – 12:30 p.m.**

## *Natural Tinted Lip Balm Workshop*

The natural tinted lip balm workshop teaches breast cancer users to make their own lip balm using all natural and nourishing ingredients, empowering them to rebuilt confidence and healthy appearance.

- **4 Oct, 2017 (Wed) 9:30 a.m. – 11:00 a.m.**

## Exercise Workshop

Exercise is a very important element towards the road of recovery. Breast cancer users can join either the stress relief yoga or aerobics class to enhance their cardiovascular health and improve balance and stability, supporting them physically in combating breast cancer.

- **Easy Thai Boxing: 6 Oct, 2017 (Fri) 11:00 a.m. – 12:30 p.m.**
- **Aerobic Exercise: 20 Oct, 2017 (Fri) Time TBC**

## Nutrition Talk

Choosing fresh ingredients and using low fat cooking method are great ways for people to stay healthy. The talk will include a cooking demonstration (Baked Broccoli Carrot Hash Brown) and a sharing of some nutrition myths.

- **12 October, 2017 (Thu) 9:30 a.m. – 11:00 a.m.**

## DIY Prosthesis and Bra Fitting

Bras and prostheses can be very helpful for Breast Cancer patients to heal emotionally and physically, but finding and being able to afford the right ones can be a very difficult task. Realising such importance, this program aims at offering free and personalised post-surgery garments to people in need to support them through their cancer journey.

- **20 Oct, 2017 (Fri) 2:00 p.m. – 4:00 p.m.**

## Chinese Nutrition Talk on Breast Cancer

Led by a qualified Chinese Medical Practitioner, our Chinese Nutrition Talk provides information on how different natural herbs and foods strengthen the body’s immune system, as well as ways to better cope with cancer and its side effects.

- **26 Oct, 2017 (Thu) 9:30 a.m. – 10:30 a.m.**

## Hair and Wigs Care

Hair loss is a common side effect of breast cancer treatments. Our Hair and Wigs Care Talk introduces people to the uses of scraths in order to help them cope with their hair loss and changes in self-image.

- **31 Oct, 2017 (Tue) 11:30 a.m. – 12:30 p.m.**
### Chinese Health Talk

Registered Chinese medicine practitioners share knowledge on Chinese nutrition and the use of different combinations of seasonal herbs and foods to help improve general health.

**Autumn and Winter Care**

- 28 September, 2017 (Thu) 9:30a.m.-10:30a.m.

### Doctor’s Talk

A woman’s reproductive system is a delicate system in the body. The uterus, cervix and ovary are the most common part that can be associated with diseases. This talk will introduce ways to prevent and how to treat these diseases.

**Women’s Health**

- 27 September, 2017 (Wed) 3:00p.m. – 4:30p.m.

### Maggie’s Health Workshop

Cancer patients may often encounter intestinal discomfort when receiving surgery or chemotherapy. Through this exercise workshop, participants can learn ways to strengthen rectal muscle, improve bowel movement and prevent constipation.

**Bowel Movement Exercise**

- 6 September, 2017 (Wed) 1:00a.m. – 12:00p.m. &
- 14 September, 2017 (Thu) 9:30a.m. – 11:00a.m.

### Psycho-educational Courses

Courses are designed by our clinical psychologists to meet particular needs of people affected by cancer.

**# Relaxation Seminar**

Relaxation can improve our physical, mental and emotional wellbeing. Our seminar will introduce practical techniques of relaxation and help sweep away your stress.

- 6 & 13 October, 2017 (2 consecutive Friday) 9:30a.m. – 10:30a.m.

*Mindful Yoga*

Our professional Yoga instructors teach participants different poses that are best for people with cancer. Through practising these poses and focusing on their breathing, participants become more relaxed, experience greater inner calm and gain physical, mental and spiritual benefits.

**Class for beginners:**

- 25 October – 13 December, 2017 (Every Wednesday, 8 sessions)
  - (a) 9:30a.m. – 11:00p.m. / (b) 11:15a.m. – 12:45p.m.

**Day Camp:**

- 10 December, 2017 (Sun) 9:30a.m. – 5:30p.m.
*MBSR (Mindfulness-Based Stress Reduction) Programme*

The Mindfulness-Based Stress Reduction (MBSR) programme was developed in 1979 at the University of Massachusetts Medical Centre by Dr. Jon Kabat-Zinn. Throughout the years, researches done by hospitals, clinics and universities around the globe proved that meditation can significantly minimise anxiety, increase happiness and maintain the balance of physical and psychological health.


To maximise the result, participants have to practice daily at home for 20-30 minutes besides attending lessons.

- **Briefing Session:** 13 October, 2017 (Fri) 11:00a.m.-12:30p.m.
- **Class:** 27 October – 22 December, 2017, except 15 Dec (Every Friday, 8 sessions)
- **Day Camp:** 2 December, 2017 (Sat) 10:00a.m. – 5:00p.m.

**Connecting with Energy of Nature Workshop**

Nature’s energy can help us in strengthening our own energy and finding back stability and harmony within ourselves. All people have the potential for communication with nature and perception of its energy, although they may need to consciously develop it. Conscious connection with nature and its energy can be an important support in our daily life. It also allows us to discover some unrealised aspects of ourselves through the development of our relationship with nature. This one-day workshop proposes tools for consciously developing and deepening our means of perception of energy and our relationship with nature.

- **29 September, 2017 (Fri) 9:30a.m. – 4:30p.m.**
- **4 October, 2017 (Wed) 9:30a.m. – 4:30p.m.**

Reminder for participants:
- Outdoor preparation such as sunscreen and insect repellent etc.
- Bring your own lunch. (Lunch time: 1:00p.m. – 2:00p.m.)

*A Laughter Yoga*

A non-religious and non-political mind-body activity and technique that combines laughter exercises and yogic breathing for anyone to bring laughter and happiness into their lives.

- **Club:** Every Tuesday 10:00a.m. - 11:00a.m.
- **Workshop:** 4 October, 2017 (Wed) 11:30a.m. – 12:30p.m.

Funded by:  * - OPERATION SANTA CLAUS
**Music Therapy (Funded by The D. H. Chen Foundation)**

Led by a professional Music Therapist, Maggie’s Choir and other MT programmes allow participants to become healthier in mind and body by encouraging them to express their thoughts and feelings in a musical, fun, creative and therapeutic way. These programme activities, which are especially helpful in easing side effects of Head and Neck cancer treatments, include choral singing, song writing, and instrument learning.

- **Maggie’s Music Therapy Choir (Starting from September 5)**
  Every Tuesday 3:15p.m. - 4:45p.m.

- **Music Therapy Well-being Group (Starting from 6 September)**
  Every Wednesday 1:30p.m.-3:00p.m. or 3:15p.m.-4:45p.m. (8-12 sessions)
  Music brings us lots of joy and is a natural remedy, which can help us relax and reduce feeling of pain. Through listening to music, singing, learning music rhythms, analysing melody and lyrics, instrumental ensemble, musical drawing and song writing, participants can better understand themselves, learn to relax and manage complications from treatment, improve physical and emotional health, release emotions and share support and encouragement among the group. No prerequisite for enrolment.

- **Individual Music Therapy (Starting from 6 September)**
  Every Wednesday 9:30a.m.-11:00a.m. or 11:00a.m. – 12:30p.m. (8-15 sessions)
  Cancer fighting experience varies from person to person. During one-on-one individual music therapy sessions the music therapist would help participants set their personal therapeutic goals. Various music therapy techniques will be introduced to them and through which they are facilitated to see things with different perspectives and to better cope with their challenges and difficulties, such as handling emotional issues, reduce depression and anxiety and improve quality of life, in their cancer journey.

**Aromatherapy Workshop**

Through demonstrations of simple massage techniques and exercises, family members and carers, or even yourself, can learn to ease muscle pain and discomfort, improve circulation, reduce stress and promote overall relaxation right in the comfort of your own home.

**Massage Workshop**

- 7 September, 2017 (Thu) Stress Relief
- 14 September, 2017 (Thu) Numbness of Hands and Feet
- 21 September, 2017 (Thu) Stomach Discomfort
- 12 October, 2017 (Thu) Head, Shoulder and Neck
- 26 October, 2017 (Thu) Discomfort from Chemotherapy

Remarks: The workshop will have 3 sessions and will be held in the morning, our staff will contact participants individually once the time is confirmed.
Tai Chi

Our Tai Chi instructors teach a low-impact form of exercise that is especially fit for people with cancer in improving their overall health, promoting relaxation and relieving tension. Our small classes ensure that each participant is provided with sufficient attention and encouraged to share and communicate.

- **Lessons:**
  - Tai Chi Chuan
    25 September – 20 November, 2017 (Every Monday, 8 sessions) 2:00p.m. – 3:00p.m.
  - 6 Healing Sounds
    Date TBC (Every Monday, 8 sessions) 1:00p.m. – 2:00p.m.
  - Gui Yuan Yang Sheng Gong
    6 November, 2017 – 8 January, 2018 (Every Monday, 8 sessions) 1:00p.m. – 2:00p.m.
    (Except 25 December, 2017 & 1 January, 2018)
  - 18 Movement and Yijin Jing
    12 October – 16 November, 2017 (Every Thursday) 2:30p.m. – 3:30p.m.
  - Dao Yin Bao Jian Gong
    12 October – 16 November, 2017 (Every Thursday) 3:30p.m. – 4:30p.m.

- **Practice**
  - 18 Movements: Every Tuesday and Friday 9:30a.m. – 11:00a.m.
  - Yijin Jing: Every Friday 11:00 a.m. – 12:30p.m.

Bra Giveaway for Breast Cancer Patients

A professional innerwear company specially designed bras for breast cancer patients, where pads and prosthesis can be inserted into these bras. A comfortable bra can improve patients’ self-confidence and empower them to live beyond cancer.

- **3 October, 2017 (Tue) Time TBC**

Chinese Tea Tasting Workshop

Are you interested in Chinese tea or traditional tea art and culture? You may come along for an amazing tea appreciation session hosted by our befrienders, where you may gladly indulge in a relaxing and enjoyable tea tasting experience for yourself, and interact with other participants affected by cancer.

- **Every Thursday, 2:00p.m. - 4:00p.m.**

Zentangle Workshop

Join us for a calming, self-soothing and empowering experience in our Zentangle Workshop, which focuses on an easy-to-learn, relaxing and fun way of creating beautiful images by drawing structured patterns.

- **11 September, 2017 (Mon) 11:30p.m. - 1:00p.m.**
- **30 October, 2017 (Mon) 10:00a.m. – 12:00p.m.**
## Mandala Workshop

Mandala can reflect our soul and creating a mandala can allow ourselves to rest our mind, discover and reorganise our thoughts. This workshop will teach participants to create an 8” x 8” mandala using colour pencils and technical pens. No prerequisite.

- 4 October, 2017 (Wed) 2:00-4:30p.m.

## *Gong Bath

The gong is one of the oldest musical instruments in the world. Based on ancient wisdom, the gongs vibrate at the same frequency as the body allowing the body to heal itself. The sounds and vibrations of the gong create relaxation and state of meditation by altering brain waves from a waking state to deep meditation. Join this gong healing workshop that allows your entire body to relax, renew and rejuvenate!

- 21 September, 2017 (Thu) 9:15a.m. - 11:15a.m.
- 19 October, 2017 (Thu) 9:15a.m. - 11:15a.m.

## Hair Cutting Service

Come join our special hair cutting service, which includes wig cutting and shaving. The service will be provided by professional hairdresser.

- 29 September, 2017 (Fri) 2:00p.m. – 4:00p.m.
- 27 October, 2017 (Fri) 2:00p.m. – 4:00p.m.
Many people are greatly relieved to realise that there are others in the same boat with whom they can share their experiences on a regular basis. With the support and encouragement of our professional staff and of each other, group members learn to develop strategies for coping with their practical and emotional concerns.

<table>
<thead>
<tr>
<th>Support Group</th>
<th>Time</th>
<th>Dates/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>#Generic Support Group</td>
<td>11:30 a.m. - 1:00 p.m.</td>
<td>Every Thursday</td>
</tr>
<tr>
<td>#Men’s Support Group</td>
<td>9:30 a.m. - 11:00 a.m.</td>
<td>Every Monday</td>
</tr>
<tr>
<td>#Working Women’s Support Group</td>
<td>1:30 p.m. - 5:30 p.m.</td>
<td>16 Sep &amp; 21 Oct, 2017 (Sat)</td>
</tr>
<tr>
<td>#Breast Cancer Support Group</td>
<td>11:00 a.m. - 12:30 p.m.</td>
<td>5 Sep &amp; 3 Oct, 2017 (Tue)</td>
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<tr>
<td>Colorectal Cancer Support Group</td>
<td>11:00 a.m. - 12:30 p.m.</td>
<td>12 Sep &amp; 10 Oct, 2017 (Tue)</td>
</tr>
<tr>
<td>#Gynaecology Cancer Support Group</td>
<td>11:00 a.m. - 12:30 p.m.</td>
<td>4 Sep, 2017 (Mon), Oct - Canceled</td>
</tr>
<tr>
<td>#Lung Cancer Support Group</td>
<td>11:00 a.m. - 12:30 p.m.</td>
<td>19 Sep &amp; 17 Oct, 2017 (Tue)</td>
</tr>
<tr>
<td>#Head &amp; Neck Cancer Support Group</td>
<td>11:00 a.m. - 12:30 p.m.</td>
<td>26 Sep &amp; 24 Oct, 2017 (Tue)</td>
</tr>
<tr>
<td>#Getting Started</td>
<td>11:00 a.m. - 12:45 p.m.</td>
<td>11,25 Sep &amp; 9,23 Sep 2017 (Mon)</td>
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<tr>
<td>Bereaved Relative Group</td>
<td>11:30 a.m. - 1:00 p.m.</td>
<td>18 Sep &amp; 16 Oct, 2017 (Mon)</td>
</tr>
<tr>
<td>#Young Women’s Support Group</td>
<td>7:00 p.m. - 9:30 p.m.</td>
<td>25 Sep &amp; 9 October, 2017 (Mon)</td>
</tr>
<tr>
<td>Family Support Group</td>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>16 Sep &amp; 21 Oct, 2017 (Sat)</td>
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</table>

The Location of Maggie’s Cancer Caring Centre

Please follow the below green signage for direction within Tuen Mun Hospital.

Opening Hour: Monday to Friday
9:00 a.m. - 5:00 p.m. (except public holidays)
Phone: 2465 6006
Fax: 2465 6063
Website: www.maggiescentre.org.hk

Our activities and programmes are completely free of charge, please come along to our Centre or call 2465 6006 for sign up.

Weather Arrangement:
Centre will be closed when Black Rainstorm warning signal or Typhoon signal no. 8 is hoisted.

If the above signals are lowered or cancelled at or before 2 p.m., our Centre will reopen within 2 hours. If the above signals persist after 2 p.m., our Centre will remain closed.

Activities will be cancelled when Red/Black Rainstorm warning signal or Typhoon signal no. 8 is hoisted 3 hours before the sessions start.