



maggie's

Activities Schedule | Dec 2022 – Mar 2023



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Notice

In view of the latest epidemic situation, the centre is opened to the public on a limited basis, online activities held at the centre including psychological counselling services, workshops and seminars will not be affected, please contact our centre for appointment of face-to-face services. The centre continuously offers telephony/ email counselling and psychological support services to people in need.

Please contact us at 2465 6006, or WhatsApp 6625 4225, or email to info@maggiescentre.org.hk for more information. All services are free of charge.
Stay safe and stay healthy!

Information and Support

<p># Professional emotional & psychological support From Monday to Friday between 9:00am - 5:00pm</p>	<p>To provide professional emotional support and counselling services to people touched by cancer, including their families and friends, for reducing their stress brought by cancer diagnosis and treatments. Instructors: Psychologist and social workers of the centre</p>
<p>**Nurse Consultation Anytime from Monday to Friday between 9:00am - 5:00pm</p>	<p>To discuss with nurse on queries related to cancer diagnosis and treatments, for gaining more info related to pain relief and implication brought by cancer and its treatments. Instructors: Oncology specialist nurses of the centre</p>
<p># Dietitian Consultation From Monday to Friday (To be arranged by staff)</p>	<p>To provide free nutrition and cooking tips to people touched by cancers, according to their habit and health condition, with an aim to improve their nutrition intake, reduce weight loss and prevent malnutrition. Instructors: Registered dietitian of the centre</p>
<p>Giveaway of Post-Surgical Recovery Bra From Monday to Friday between 9:00am - 5:00pm (Please contact us for appointment)</p>	<p>Provided by professional underwear manufacturer, a tailor-made post-surgical recovery bra for breast cancer patients with fit-in pads and prosthesis helps to improve ones' security, self-confidence and quality of life. Instructors: Oncology specialist nurses of the centre Remarks: Each person is eligible for taking once and required to do fitting at the centre.</p>
<p>**Giveaway of Wig From Monday to Friday between 9:00am - 5:00pm (please contact us for appointment)</p>	<p>Sponsored by professional wig manufacturer to provide free wigs to patients in coping with hair loss. In-charge: Oncology specialist nurses of the centre Remarks: Each person is eligible for one brand new and to do fitting at the centre. The brand-new wig is owned by the patient.</p>

Online Support Group

For interested parties, please call our centre for enrollment and details will be announced afterwards.
Note: Please ensure you have a stable internet connection for smooth experience.

<p># “Fighting Cancer Together”</p> <p>Online new diagnosis support group</p> <p>By appointment</p>	<p>Target Audience: People touched by cancer and their family (particularly suitable for those patients preparing for treatment or undergoing treatment)</p> <p>What is it about?</p> <p>(1) Learning and sharing of how to improve the discomfort brought by cancer and treatments</p> <p>(2) Knowing and expressing the anxious and fear in facing sickness and treatment</p> <p>(3) Sharing of experiences from other patients to gain support and encouragement.</p> <p>Instructors: Oncology specialist nurses and clinical psychologist</p>
<p># Patient Online Support Group</p> <p>Jan 5, 12, 19, 26</p> <p>Feb 2, 9, 16, 23</p> <p>Mar 2, 9, 16, 23, 30</p> <p>(Thu, 11:30am – 1pm)</p>	<p>Target Audience: People touched by cancer</p> <p>What is it about?</p> <p>(1) Exploring the way out together with other patients</p> <p>(2) Sharing of life experience to gain information and support</p> <p>Instructors: Registered social worker of the centre</p> <p>Format: via ZOOM</p>
<p># Men’s Online Support Group</p> <p>1st and 3rd Mon of each month</p> <p>Jan 16</p> <p>Feb 6, 20</p> <p>Mar 6, 20</p> <p>(Mon, 10am - 11am)</p>	<p>Target Audience: Male touched by cancer</p> <p>Purpose: The traditional Chinese values has been shaping males to take up the role of a protector and rational person, thus they are less expressive to their emotional needs. This group provides a stigma/stereotype-free environment for men touched by cancer to discuss any topics, such as their problems and concerns etc.</p> <p>What is it about?</p> <p>(1) Get to know yourself better and develop new friendships</p> <p>(2) Speak with others of similar experience</p> <p>(3) Discuss topics raised by groupmates e.g. family, health, friendship, life-and-death, ups-and-downs, philosophy, etc.</p> <p>Instructor: Registered social worker of the centre</p> <p>Format: In-person</p>

<p># Gynecology Cancer Online Support Group</p> <p>Feb 6 Mar 6</p> <p>(Mon 11:00am - 12:30pm)</p>	<p>Target Audience: People touched by gynecologic cancer/breast cancer/colorectal cancer and lung cancer</p> <p>Purpose: Through the talks lead by oncology nurses, participants can holistically understand more on cancer, its treatments and implications, related healthcare and nutrition information. They are also able to learn how to maintain a healthy and happy lifestyle during treatment and rehabilitation, through moral support and encouragement of other participants.</p>
<p># Breast Cancer Online Support Group</p> <p>Jan 3 Feb 7 Mar 7</p> <p>(Tue, 11am - 12:30pm)</p>	<p>What is it about?</p> <ol style="list-style-type: none"> (1) Understanding more about cancer and treatments (2) How to relieve stress (3) How to deal with anxiety and emotions (4) Creating a healthy lifestyle (5) Q&A session (6) Sharing of experiences and building rapport
<p># Colorectal Cancer Online Support Group</p> <p>Jan 10 Feb 14 Mar 14</p> <p>(Tue, 11am - 12:30pm)</p>	<p>Instructors: Oncology specialist nurse</p> <p>Format: via ZOOM</p>
<p># Lung Cancer Online Support Group</p> <p>Jan 17 Feb 21 Mar 21</p> <p>(Tue 11am - 12:30pm)</p>	

<p># Head & Neck Cancer Online Support Group</p> <p>Feb 28 Mar 28</p> <p>(Tue 11am - 12:30pm)</p>	<p>Target Audience: People touched by head & neck cancer</p> <p>Purpose: Through the talks lead by oncology nurses, participants can holistically understand more on cancer, its treatments and implications, related healthcare and nutrition information. They are also able to learn how to maintain a healthy and happy lifestyle during treatment and rehabilitation through the moral support and encouragement of other participants.</p> <p>What is it about?</p> <ol style="list-style-type: none"> (1) Understanding more about cancer and treatments (2) How to relieve stress (3) How to deal with anxiety and emotions (4) Creating a healthy lifestyle (5) Q&A session (6) Sharing of experiences and building rapport <p>Instructors: Oncology specialist nurse</p> <p>Format: via ZOOM</p>
<p># Working Women's Online Support Group</p> <p>Jan 14 Feb 18 Mar 18</p> <p>(Sat 10am - 11:30am)</p>	<p>Target Audience: Working women that touched by cancer</p> <p>Purpose: Women and men has different psychological and physical demands. Targeting working women, this group offer a platform for them to discuss and share with those of similar experiences for rapport and support to positively face the cancer rehabilitation journey.</p> <p>Instructor: Registered social worker of the centre</p> <p>Format: via ZOOM</p>

Psychoeducation and Thematic Seminar Series

For interested parties, please call our centre for enrollment and details will be announced afterwards.
Note: Please ensure you have a stable internet connection for smooth experience.

<p>Doctor Seminar: Learn more about Prostate Cancer index</p> <p>Jan 28</p> <p>(Sat, 10:00 am – 11:30 am)</p>	<p>Target Audience: People touched by prostate cancer</p> <p>What is it about?</p> <p>Oncologist is invited to share and explain more on index indication after prostate cancer surgery.</p> <p>Instructor: Dr Mui Wing Ho, Deputy Consultant, Department of Clinical Oncology, Tuen Mun Hospital</p> <p>Format: via ZOOM</p>
<p># Doctor Seminar: Colorectal cancer screening and treatment</p> <p>Feb 25</p> <p>(Sat, 10:00 am – 11:30 am)</p>	<p>Target Audience: People touched by cancer</p> <p>What is it about?</p> <p>Colorectal cancer is the most common cancer and second leading cause of cancer deaths in Hong Kong. Screening and appropriate treatment can increase recovery chance.</p> <p>Instructor: Dr Cheung Ka Man, Oncologist</p> <p>Format: via ZOOM</p>
<p># Dealing with chronic pain and to rebuild a meaningful life</p> <p>In-person lesson</p> <p>(Fri, 10:00 am – 11:00 pm)</p>	<p>Target Audience: People touched by cancer</p> <p>What is it about?</p> <p>Understand more on chronic pain and related myths, to deal with the sickness using 'Acceptance and Commitment Therapy' and to rebuild a meaningful life.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Remarks: In-person lesson is scheduled for Feb 21 at the Maggie's Centre, 20 quotas are available on first come-first-serve basis. Once the quota is filled, other participants will be joining via ZOOM.</p> <p>Format: In-person or concurrently via ZOOM</p>

Nutrition Series

For interested parties, please call our centre for enrollment and details will be announced in due course.
Note: Please ensure you have a stable internet connection for smooth experience.

Cooking Demonstration

- (1) Jan 7 (Sat)
- (2) Jan 14 (Sat)
- (3) Jan 21 (Sat)
- (4) Jan 28 (Sat)

- (5) Feb 4 (Sat)
- (6) Feb 11 (Sat)
- (7) Feb 18 (Sat)
- (8) Feb 25 (Sat)

- (9) Mar 4 (Sat)
- (10) Mar 11 (Sat)
- (11) Mar 18 (Sat)
- (12) Mar 25 (Sat)

(Sat, 2:00 - 2:30pm)

Target Audience: People touched by cancer and their families

Cooking demonstrations:

- (1) Lotus root, pork and corn soup
- (2) Lucky veggie roll
- (3) Nutritional Prosperity Toss
- (4) Black-eyed pea and red bean Chinese pudding

- (5) St. Valentine's Day low-fat chocolate mousse
- (6) Simple breakfast oatmeal cup
- (7) One pot mac and cheese
- (8) Russian soup

- (9) Fried scallop with XO sauce
- (10) Semen Coicis and apple vegan soup
- (11) Steamed tofu fishcake
- (12) Mango sticky rice

Instructor: Registered Dietitian

Format: via ZOOM

<p># Nutrient Q&A Session:</p> <p>(1) Jan 7 (Sat) (2) Jan 14 (Sat) (3) Jan 21 (Sat) (4) Jan 28 (Sat)</p> <p>(5) Feb 4 (Sat) (6) Feb 11 (Sat) (7) Feb 18 (Sat) (8) Feb 25 (Sat)</p> <p>(9) Mar 4 (Sat) (10) Mar 11 (Sat) (11) Mar 18 (Sat) (12) Mar 25 (Sat)</p> <p>(Sat, 2:30 - 3:30pm)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>(1) Nutrition needs in various stages of fighting cancer (2) How frequent small meals aid nutrition absorption (3) Do's and don'ts in diet of fighting cancer (4) Boost protein intake during cancer treatment</p> <p>(5) Any good and bad fat? (6) Adjust diet to help constipation (7) Maintain body weight during cancer treatment (8) Are soups good for cancer patients?</p> <p>(9) Fighting cancer need bland meal? (10) Tips to boost protein intake (11) Tackle chewing and swallowing difficulties (12) Diet and living quality</p> <p>Instructor: Registered Dietitian of the centre</p> <p>Format: via ZOOM</p>
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Chinese Medicine Seminar

For interested parties, please call our centre for enrollment and details will be announced afterwards.

Note: Please ensure you have a stable internet connection for smooth experience.

<p>Chinese Medicine Seminar: How to Relieve Stomach Discomfort During Cancer Treatment</p> <p>Jan 6</p> <p>(Fri, 9:30 – 11 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Cancer treatments often come with stomach discomfort. These can be relieved and improved from Chinese medicine practitioner's perspective.</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>In-person Quota: 20 persons at Maggie's Centre on first come-first serve basis. (Once the quota is filled, other participants will be joining via ZOOM)</p> <p>Format: In-person and via ZOOM concurrently</p>
<p>Chinese Medicine Seminar: How Cancer Patients Relieve Fatigue in Hands and Feet, Weight Loss and body Swelling?</p> <p>Feb 3</p> <p>(Fri, 9:30 – 11 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Cancer treatments often lead to fatigue, weight loss and body swelling. Chinese medicine practitioner will teach how to improve through taking care of wellness in spring and in season soup.</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>In-person Quota: 20 persons at Maggie's Centre on first come-first serve basis. (Once the quota is filled, other participants will be joining via ZOOM)</p> <p>Format: In-person and via ZOOM concurrently</p>
<p>Chinese Medicine Seminar: Introducing acupuncture, cupping therapy and acupoints</p> <p>Mar 3</p> <p>(Fri, 9:30 – 11 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? To relieve the problems of dizziness, headache, stomachache, diarrhea, and constipation.</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>In-person Quota: 20 persons at Maggie's Centre on first come-first serve basis. (Once the quota is filled, other participants will be joining via ZOOM)</p> <p>Format: In-person and via ZOOM concurrently</p>

Relaxation Series

For interested parties, please call our centre for enrollment and details will be announced afterwards.
Note: Please ensure you have a stable internet connection for smooth experience.

<p># Relaxation Workshop: Treat yourself well</p> <p>Dec 22 (Thu, 10:00-11:00 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Learn how to take good care of oneself through acquiring relaxation methods.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Format: via ZOOM</p>
<p># Relaxation Workshop: Taking good care of yourself</p> <p>Jan 19 (Thu, 10:00-11:00 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Learn how to take good care of oneself through acquiring relaxation methods.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Format: via ZOOM</p>
<p># Relaxation Workshop: Relax and have a good sleep</p> <p>Feb 16 (Thu, 10:00-11:00 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Improve sleeping quality through acquiring relaxation methods.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Format: via ZOOM</p>
<p>#Relaxation Workshop: Relax body, mind and soul</p> <p>Mar 23 (Thu, 10:00-11:00 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Relax all your body, mind and soul through acquiring relaxation methods.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Format: via ZOOM</p>

<p># Relaxation Group Exercise</p> <p>Jan 5 (Guided Imagery) Jan 12 (Muscle Relaxation) Jan 19 (Breathing relaxation)</p> <p>Feb 2 (Guided Imagery) Feb 9 (Muscle Relaxation) Feb 16 (Breathing relaxation)</p> <p>Mar 2 (Guided Imagery) Mar 9 (Muscle Relaxation) Mar 16 (Breathing relaxation)</p> <p>(Every Thu, 10- 11:00am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Relaxation therapy is a basic self-help method to relax both mind and body (1) Understand the basic principles of various relaxation therapies (2) Pay attention to how body respond to tension and relaxation (3) Master and practice various relaxation technique</p> <p>Instructors: Oncology specialist nurse and registered social workers of the centre</p> <p>Format: via ZOOM</p>
<p>#Relaxation Group Exercise</p> <p>Jan 4, 11, 18, 25 (suspension during holiday)</p> <p>Feb 1, 8, 15, 22</p> <p>Mar 1, 8, 15, 22, 29</p> <p>(Every Wed, 2-3pm)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Relaxation therapy is a basic self-help method to relax both mind and body (1) Understand the basic principles of various relaxation therapies (2) Pay attention to how body respond to tension and relaxation (3) Master and practice various relaxation techniques</p> <p>Quota: 6 persons</p> <p>Instructors: Oncology specialist nurse and registered social workers of the centre</p> <p>Format: in-person</p>

Music Series

For interested parties, please call our centre for enrollment and details will be announced afterwards.
Note: Please ensure you have a stable internet connection for smooth experience.

<p>#Maggie's Centre Music Therapy Choir</p> <p>Jan 3, 10, 17, 24 (Suspension during holiday) Feb 7, 14, 21, 28 Mar 7, 14, 21, 28</p> <p>(Tue: 3:00 - 4:30 pm)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? People who are affected by cancer are interested in music are welcomed to join us.</p> <p>Instructor: Mr Chung King Man, Registered Music Therapist and Certified NMT</p> <p>Format: In-person or via ZOOM concurrently</p>
<p>#Maggie's Centre Individual Music Therapy</p> <p>*TBC date, time and format. Participant will be informed the arrangement after enrolment.*</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Each person touched by cancer is experiencing a unique journey. Individual music therapy provides one-to-one discussion, for setting up specific goals, and offers respective music therapy to handle personal challenges by teaching different methods to face adversity. If you'd like to improve emotion and distress through music, you are welcome to join.</p> <p>Instructor: Mr Chung King Man, Registered Music Therapist and Certified NMT</p> <p>Format: In-person</p>

<p>Harp Music Therapy</p> <p>Jan 13 (Fri) 10–10:45am (Theme: Anxiety) 11–11:45am (Theme: Insomnia)</p> <p>Feb 10 (Fri) 10–10:45am (Theme: Chronic pain) 11–11:45am (Theme: Relaxation)</p> <p>Mar 3 (Fri) 10–10:45am (Theme: Anxiety) 11–11:45am (Theme: Insomnia)</p>	<p>Target Audience: People touched by cancer that suffer from chronic pain/anxiety/insomnia or those would like to learn about relaxation</p> <p>What is it about? Harp music therapy allative the various discomforts caused by sickness, often used in hospital wards, emergency room and patient waiting areas in the U.S. The course is led by Lilian Chan, a U.S. certified music therapist. She will play suitable therapeutic music according to the conditions and needs of the clients, and create a quiet and comfortable therapeutic atmosphere, hoping to help participants to relieve pain, improve insomnia, and soothe anxiety.</p> <p>Instructor: Ms Lilian Chan, certified harp music therapist</p> <p>Format: via ZOOM</p>
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<p>Meditation Series</p> <p>In view of the latest pandemic situation, the centre arranges online meditation practice opportunities to those interested in mindfulness. Please call our centre for enrollment and details will be announced in due course. Note: Please ensure you have a stable internet connection for smooth experience.</p>	
<p>Introduction to mindfulness</p> <p>Every second Mon of each month (will be postponed to the next week if the schedule is a public holiday)</p> <p>Jan 16 Feb 13 Mar 13</p> <p>May choose more than one timeslot</p> <p>10 – 11am</p>	<p>Target Audience:</p> <ol style="list-style-type: none"> 1. People touched by cancer and their families who are interested in mindfulness 2. Suitable for beginners <p>What is it about?</p> <ol style="list-style-type: none"> 1. People touched by cancer and their families who are interested in mindfulness 2. Suitable for beginners 3. Introduce on “Mindfulness and Free Mind” workshop and points to note 4. Answer questions related to mindfulness <p>Instructor: Ms Gen Heng, Mindfulness Tutor</p> <p>Format: via ZOOM</p>

<p>Mindfulness & free mind</p> <p>Jan 5, 12, 26 Feb 2, 9, 16, 23 Mar 2, 9, 16, 23, 30</p> <p>May choose more than one timeslot</p> <p>(Thu, 2:30 – 4pm)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Practice mindfulness, sharing and Q&A Mindfulness & free mind: calm yourself and free in mind</p> <p>Instructor: Ms Gen Heng, Mindfulness Tutor</p> <p>Remarks: Participant must attend at least one online “Introduction to mindfulness” activity.</p> <p>Format: via ZOOM</p>
<p>Mindfulness Practice (English Instructor)</p> <p>Jan 9, 16, 30 Feb 6, 13, 20, 27 Mar 6, 13, 20, 27</p> <p>May choose more than one timeslot</p> <p>Mon, 12-1pm</p>	<p>Target Audience: People touched by cancer and their families who understand English and interested in mindfulness practice</p> <p>What is it about? The practice is conducted in English. Instructor will lead us to do 20-30 min. of meditations, breathing and body scan practice etc. Participants can choose the posture which they are comfortable with. The session is ended with sharing and Loving-Kindness Meditation.</p> <p>Instructor: Nadine Anderson, Mindfulness Tutor</p> <p>In-person quota: 6 persons</p> <p>Format: In-person</p>
<p># Mindfulness and Wellness - Mindfulness experience day</p> <p>Jan 21</p> <p>(Sat, 9am – 12:30pm)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? In this course, Rosanna will guide participants to open their ‘breathing awareness’ power through breathing, simple yoga poses and meditation. Participants would find the suitable self-healing method of their own to relax through improved understanding on their mind and body status.</p> <p>Instructor: Ms Rosanna Wong (Certified Yoga Therapist of International Association of Yoga Therapists)</p> <p>Remarks:</p> <ol style="list-style-type: none"> 1. Please prepare yoga mat, block and rope/ towel, blanket, and water, snacks, pen and notebook on your own. 2. Please attend the workshop in a quiet environment. 3. Quotas applied to each workshop, priority is given to the newcomers <p>Format: via ZOOM</p>

<p>#Mindfulness Stress Reduction Therapy Course</p> <p>Briefing session: Feb 11 (Sat) 9:30am – 11:00am</p> <p>Course: Feb 25 – Apr 29 9:30am – 12:30pm (Every Sat, total 8 lessons and one session of Mindfulness Day)</p> <p>Mindfulness Day: Apr 15 (Sat, 9:30am- 5pm, lunch hour at 1-2pm)</p>	<p>Target Audience: People touched by cancer and their families (Priority is given to those without prior mindfulness stress reduction or mindfulness meditation experience)</p> <p>What is it about? MBSR Mindfulness Stress Reduction Therapy was founded by Dr. Jon Kabat-Zinn in 1979 at UMass Memorial Medical Center in US, originally for chronic pain sufferers to manage pain, and later on discovered to be useful in stress and pain reduction to improve quality of life. Group discussion, sharing, take home practice, and reflection allow participants to cultivate to be more observant and open mind in understanding their body and mind reaction to daily issues, and further improve the reflective pattern wisely to attain a free life.</p> <p>Instructor: Miss Liu Kwan Yi Queenie (Mindfulness Stress Reduction tutor)</p> <p>In-person Quota: 10 persons</p> <p>Remarks:</p> <ol style="list-style-type: none"> 1. Participant must attend the briefing session and all 8 lessons and Mindfulness Day. 2. Participant should reserve 45 mins for daily practice during the course to attain the best outcome <p>Format: In-person</p>
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<p>Yoga and Exercise Series</p> <p>For interested parties, please call our centre for enrollment and details will be announced afterwards. Note: Please ensure you have a stable internet connection for smooth experience.</p>	
<p>Yin Yoga Class</p> <p>Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10, 17, 24</p> <p>(Every Friday, 3:30-4:30pm)</p> <p>*Each lesson can be enrolled separately*</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Yin Yoga will help us seek our balance in our Anahata Chakra in our heart. Through breathing and other exercises, yin yoga aims to relax our body and find happiness and peace in our minds. The poses stretch our shoulders, back and other muscles to increase circulation in our joints. It also brings mindfulness to relax both body and mind.</p> <p>Instructor: Ms Cammie, Yoga Instructor, Pause for a Cause</p> <p>Remarks: Wear appropriate athletic attire. Prepare pillow, towel, scarf, yoga strap. You join the lesson on bed or other places you found comfortable.</p> <p>Format: via ZOOM</p>

<p># Mindfulness Yoga Course</p> <p>Briefing session: Jan 11 (Wed, 9:30-11:30am)</p> <p>Workshop: Jan 18 – Mar 15 (Every Wed, total 8 lessons)</p> <p>Beginner Class: 9:30 – 11am Advance Class: 11:15am – 12:45pm</p> <p>Day Camp: Mar 4 (Sat) 9:30am – 5pm</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? The course combines mindfulness and holistic yoga techniques through yoga pose, breathing exercise, deep relaxation, yoga diet and purification, to improve the awareness of body emotion, with an aim for releasing stress and pressure. The course includes practical, theory and day camp.</p> <p>Instructor: Mr Ken Wong, MBSR Mindfulness Stress Reduction Course Accredited Instructor/Mindfulness President of Yoga Society</p> <p>In-person quota: 10 persons</p> <p>Remarks: 1. Participant must attend the briefing session, all 8 lessons and Mindfulness Day.</p> <p>Format: In-person (lesson on 15 Mar will be conducted via Zoom)</p>
<p># Yoga Therapy Course</p> <p>Jan – Mar</p> <p>Details to be confirmed, please register by contacting the Centre</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Yoga therapy include yoga pose, breathing exercise, meditation and yoga breathing etc, which helps improve body flexibility, balance and strength, so as to reduce problems of tiredness, pressure, depression, back pain and hyper pressure.</p> <p>Remarks: participant must attend all 3 lessons for personal therapy sessions and 2 sessions of group therapy</p> <p>Instructor: Yoga Instructor</p> <p>Format: via ZOOM</p>

<p>Breast Cancer upper extremity lymphedema treatment</p> <p>Date: TBC after the evaluation by Centre's staff</p> <p>Time: TBC after the evaluation by Centre's staff</p>	<p>Target audience: People touched by breast cancer with upper extremity lymphedema problem (priority is given to those with more severe symptoms)</p> <p>What is it about?</p> <p>Jointly organized by HK Breast Cancer Foundation and Maggie's Centre to provide individual treatment to breast cancer patient suffering from upper extremity lymphedema. Priority to the treatment is given to those with severe upper extremity lymphedema problem. Please contact the Centre to arrange individually after evaluation by the nurse.</p>
<p>Karate Course: Train both body and mind</p> <p>Jan 4, 11, 18 Feb 1, 8, 15, 22 Mar 1, 8, 15, 22, 29</p> <p>Wed, 11:00am – 12:00 nn</p> <p>*Welcome to join the course anytime*</p>	<p>Target audience: People touched by cancer</p> <p>What is it about?</p> <p>Train both body and mind, with aims of:</p> <ol style="list-style-type: none"> 1. Self-understanding and goal setting 2. Strengthen the basics and confidence 3. Balance between strength and flexibility 4. Embrace success and failure, enjoy the process <p>Instructor: Miss Wen Wan yi, Karate Coach</p> <p>Remarks: Wear appropriate athletic attire and prepare pillow. Please reserve enough space, i.e. 1.5m x 2m is recommended.</p> <p>Format: via ZOOM</p>
<p># Health Qigong</p> <p>Course:</p> <p>Jan 9 – Mar 27 (Mon, total 11 lessons)</p> <p>1:00 – 2:00 pm</p>	<p>Target audience: People touched by cancer</p> <p>What is it about?</p> <p>This simple set of exercises is easy to learn and dredge the meridians the body to improve connectivity of body, bones and joints, and improves immunity and helps restore physical fitness.</p> <p>Instructor: Ms Leung Yuk Ling</p> <p>Format: via ZOOM</p>

<p>#Liu Zi Jue</p> <p>Course: Jan 9 – Mar 27 (Mon, total 11 lessons) 2:00 – 3:00 pm</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Liu Zi Jue is a kind of Qi Gong that involves the coordination of movement and breathing patterns with specific sounds, which is easy to practice with prominent effect.</p> <p>Instructor: Ms Leung Yuk Ling</p> <p>Format: via ZOOM</p>
<p># Baduanjin</p> <p>Course: Jan 9 – Mar 27 (Mon, total 11 lessons) 3:00 – 4:00 pm</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Baduanjin is through mobilizing joint and muscle of the whole body to strengthen cardio and blood circulation to relief stress, boost fitness and strengthen health.</p> <p>Instructor: Ms Leung Yuk Ling</p> <p>Format: via ZOOM</p>
<p>* Qigong Workshop: Taiyiquan</p> <p>Course: Jan 5 – Mar 30 (Thu, total 13 lessons) 3:30 – 4:30 pm</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? The exercises easy to learn to energize the mind, improve memory, nourish stomach, liver and strength body that is suitable for anyone to learn.</p> <p>Instructor: Ms Ng Yuk Ching</p> <p>Format: via ZOOM</p>
<p># Exercise at home workshop</p> <p>Jan 18 (Correct breathing exercise)</p> <p>Feb 15 (Muscle strength and Upper limb fitness)</p> <p>Mar 15 (Muscle strength and lower limb fitness)</p> <p>Wed, 2-3:30pm</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Simple exercise will be taught for doing at home to strengthen muscle, improve limb coordination, joint mobility, and body tightness.</p> <p>Instructor: Hong Kong Corporis trainer</p> <p>Format: via ZOOM</p>

<p>#Relief and strengthening exercise for head pain relief</p> <p>Jan 20 (Relieve and strengthen exercise for upper limb pain)</p> <p>Feb 24 (Lower Limb Pain Relief and Strengthening Exercise)</p> <p>Mar 24 (Core muscle pain relief and strengthening exercise)</p> <p>(Fri, 9:30am to 11:00am)</p>	<p>Target audience: People touched by cancer</p> <p>What is it about?</p> <p>Instructors will relieve post-operative or post-treatment discomfort by teaching the arthroplasty technique, and teach appropriate movement skills to help strengthen mobility and improve overall physical function.</p> <p>Instructor: Ms Ng Lok Hang (registered physiotherapist)</p> <p>In-person Quota: 10 persons (on first come-first serve basis. Once the quota is filled, other participants will be joining via ZOOM)</p> <p>Format: In-person and via ZOOM concurrently</p>
<p># Lymphedema relief exercise</p> <p>Mar 16 (Thu)</p> <p>9:30 - 11am</p>	<p>Target audience: People touched by cancer</p> <p>What is it about?</p> <p>Through applying the concepts of “relaxation, mobilization and manipulation” this novel therapy to improve fascia elasticity and joint mobility, to enhance lymph circulation to improve upper limbs lymphedema. The key objective is to enhance understandings on:</p> <ul style="list-style-type: none"> - relationship between skeletal structure and lymphatic circulation - relationship between myofascial concept and edema - how to maintain the correct joint position - understanding lateral breathing to increase lymphatic drainage <p>Instructor: Mr Calson Leung, Registered Physiotherapist</p> <p>Format: via ZOOM</p>

<p># Exercise on improving postoperative wound position tightness and scar hardening</p> <p>Jan 19</p> <p>Thu, 9:30 - 11am</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Through applying the concepts of “relaxation, mobilization and manipulation” this novel therapy to improve fascia elasticity and joint mobility, to enhance lymph circulation to improve upper limbs lymphedema. The key objective is to enhance understandings on:</p> <ul style="list-style-type: none"> - relationship between skeletal structure and lymphatic circulation - relationship between myofascial concept and edema - how to maintain the correct joint position - understanding lateral breathing to increase lymphatic drainage <p>Instructor: Mr Calson Leung, Registered Physiotherapist</p> <p>Format: via ZOOM</p>
<p># Prevention of muscle loss exercise</p> <p>Dec 29</p> <p>Thu, 9:30 - 11am</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Cancer patients often suffer from fat and protein loss, poor appetite thus resulting in muscle loss, lower immunity and higher risk of infection. Physiotherapist will teach exercises to improve muscle strength and mass.</p> <p>Instructor: Mr Calson Leung, Registered Physiotherapist</p> <p>Format: via ZOOM</p>
<p># Shoulder pain relief exercise</p> <p>Feb 16</p> <p>Thu, 9:30 - 11am</p>	<p>Target audience: People touched by cancer</p> <p>What is it about? Stiff shoulders and neck pains bother many people, and many unintentional movements in daily life may also burden shoulders or neck. So it is important to start rehabilitation exercise as early as possible. Physiotherapist Calson will introduce some head, shoulder and neck exercises, constant practice will aid muscle and joint mobility of the affected area.</p> <p>Instructor: Mr Calson Leung, Registered Physiotherapist</p> <p>Format: via ZOOM</p>

Aromatherapy series

For interested parties, please call our centre for enrollment and details will be announced in due course. Note: Please ensure you have a stable internet connection for smooth experience.

<p># Aromatic Massage Group</p> <p>Jan 6 (Edema of limbs, chronic pain)</p> <p>Jan 13 (Head, shoulder and neck)</p> <p>Jan 20 (Insomnia, sequelae of chemo, numbness)</p> <p>Feb 3 (Edema, shoulder and neck pain, sequelae of recovery)</p> <p>Feb 10 (Insomnia, sequelae of chemo, numbness)</p> <p>Feb 17 (Edema of lower limb, side-effect of chemo, insomnia)</p> <p>Mar 10 (swelling, shoulder and neck pain and sequelae of recovery)</p> <p>Mar 17 (Head, shoulder and neck)</p> <p>Mar 24 (Skin, emotion, boosting immunity)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about?</p> <p>The instructor would explain about the benefits of the combination of aromatherapy and acupuncture to alleviate the pain problem. The course also includes the introduction & demonstration of various Chinese and foreign massage techniques which participants will learn and practice.</p> <p>Instructor: Ms Mak Yuen Ling, Chinese Second-Class Massage Technician, British IFA Aromatherapy Therapist</p> <p>Quota: 3 persons per session</p> <p>Format: In-person</p> <p>Friday (9:30 – 10:15, 10:15-11:00, 11:00- 11:45)</p>
<p>Aromatic Workshop: bath bomb</p> <p>Feb 15</p> <p>10-11am</p>	<p>Target Audience: People touched by cancer</p> <p>What is it about?</p> <p>Making of aromatic bath bomb with natural ingredients for hand, foot and body bath, for soothing muscle tiredness, improve insomnia, body circulation for warming body.</p> <p>Instructor: Ms Mak Yuen Ling (Chinese Second-Class Massage Technician, British IFA Aromatherapy Therapist)</p> <p>Remarks: Please provide postal address to the Centre during enrolment for posting the material pack.</p> <p>Enrollment Deadline: Feb 1</p> <p>Format: via ZOOM</p>

Funded by :#



<p>Aromatic workshop: sleeping blend essential oil</p> <p>Mar 23 (Wed) 10 - 11am or 11:15am-12:15pm</p>	<p>Target Audience: People touched by cancer</p> <p>What is it about?</p> <p>Instructor will introduce the use of aromatherapy oils to relieve cancer discomfort and regulate emotional problems, and teach how to aromatic massage oils.</p> <p>Instructor: Ms Mak Yuen Ling (Chinese Second-Class Massage Technician, British IFA Aromatherapy Therapist)</p> <p>In-person quota: 20 persons per session</p> <p>Format: In-person</p> <p>Enrollment Deadline: Mar 1</p>
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Other activities

For interested parties, please call our centre for enrollment and details will be announced in due course. Note: Please ensure you have a stable internet connection for smooth experience.

<p>Online Pastel Nagomi Art Workshop</p> <p>Jan 28 Feb 11 Mar 11</p> <p>Workshop: 2-4pm</p> <p>Sharing Session: 4-5:30pm</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about?</p> <p>Pastel Nagomi Art originated from Japan. Using soft pastels and simply fingers, participants can create their warm and heart-touching artwork, bringing harmony, peace and happiness to their life. Participants can let their creativity to flow, relax and find the joy and happiness during the painting process.</p> <p>Instructor: Miss Anna Lau</p> <p>Format: via ZOOM</p>
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<p>Fai Chun writing and giving by friend of the Centre</p> <p>Jan 12 (Wed) 9:30am - 12:30pm 2:30 – 4:30pm</p> <p>Jan 13 (Mon) 2:30 – 4:30pm</p> <p>Jan 16 (Mon) 9:30am - 12:30pm</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about?</p> <p>The Year of Rabbit is coming, if you would like to add some festive atmosphere to your home, feel free come at specific time to find the friend of the Centre to write Fai Chun for you.</p> <p>Friend of the Centre: Ms Ng Fong</p> <p>Format: In-person</p>
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開放時間：星期一至五 上午9:00至下午5:00

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Facebook: @maggiescentrehongkong

如有興趣參加本中心的課程，
可致電**2465 6006**或
WhatsApp 6625 4225 查詢及報名，
費用全免



颱風及暴雨警告下之安排

開放時間安排：

如遇黑色暴雨警告或八號或以上烈風信號，中心將暫停開放。(如有關信號在下午二時或之前除下，中心將於兩小時內盡快開放。如有關信號在下午二時後除下，中心將暫停開放。)

如遇黃色或紅色暴雨警告、一號戒備或三號強風信號，中心將照常開放。