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Maggie's Cancer Caring Centre Rules and Regulations

Maggie's Centre is dedicated to creating a warm, supportive, and inclusive space for cancer patients and their carers to navigate challenges together.

To maintain this safe and welcoming environment, please adhere to the following rules and regulations:

1. Making the Most of This Space

- Share & Support: Feel free to use our common areas to connect with others, share experiences, and offer mutual support. Together, we can make the cancer journey less lonely and face challenges with strength.
- **Quiet Reflection:** Find peaceful corners in the centre to relax, recharge, or reflect—a perfect space for inner calm and clarity.
- Join Activities & Build Connections: Participate in our events to foster friendships, feel community warmth, and gain emotional resilience.

2. Facility & Resource Rules

- Use centre supplies responsibly; do not take them without permission. Ask staff if you need anything.
- Maintain a respectful, friendly atmosphere with fellow visitors and staff.
- Keep the centre clean and treat facilities with care. Intentional damage may result in liability.
- Kitchen facilities are reserved for approved activities only.
- Clean up after using kitchen or nutrition area utensils (e.g., cups, cutlery).
- Beverages and supplements in the nutrition area are for on-site consumption only.
- Harassment, loud conversations, foul language, violence, gambling, or inappropriate behavior are prohibited.

3. Personal Belongings

- Avoid bringing valuables. The centre is not liable for lost items.
- Umbrella racks are provided on rainy days; please take all belongings when leaving.

By using Maggie's Centre services, all visitors and users must comply the Centre's rules and regulations.

For details, please visit: https://www.maggiescentre.org.hk/zh/rules-and-regulations



Guidelines for Registration and Participation

Activity Types

- **One-time Activity:** A single-session event.
- **Multi-session Course:** An activity with multiple sessions. Participants must attend all sessions. Incomplete attendance may affect eligibility for future similar activities
- **Flexible Participation:** After initial registration, participants will receive a "Reminder Message" one working day before each session. They may decide whether to join based on availability and must confirm attendance by the specified deadline.

Registration Guidelines

- **General Registration:** Staff will confirm your successful registration via WhatsApp or phone call, securing your spot unless the activity is cancelled under special circumstances.
- Assessment-based Registration: Completing registration does not guarantee a spot. Staff will follow up to confirm. Participants will receive a confirmation notice approximately one week before the activity.
- Waitlist Mechanism:
 - If the activity is full or you have previously attended (priority is given to first-time participants), you will be placed on a waitlist.
 - If a spot opens, you will be notified via "Reminder Message" between 9:00 AM and 5:00 PM on the working day before the activity. No notification means no available spot.
 - Waitlist order is based on registration time. If a participant fails to confirm within the specified window, the spot will go to the next person on the list.

Absence Due to Health Reasons:

• If unable to attend due to health or personal reasons, notify centre staff as early as possible for adjustments.



Online Activity/Webinar Guidelines

- **Username Requirement:** When joining Zoom, rename yourself to your registered full name (Chinese or English) for attendance tracking. Failure to do so may result in exclusion.
- **Privacy Protection:** Do not share meeting links or IDs with others to safeguard participant privacy.
- **Technical Support:** For help downloading Zoom or troubleshooting, call the centre at 2465 6006.
- Network Stability: Ensure a stable internet connection to avoid disruptions.

Examples of Special Cancellations:

- Instructor unavailability due to health or emergencies.
- Severe weather (e.g., Typhoon Signal No. 8 or Black Rainstorm Warning).
- Venue emergencies (e.g., equipment failure or urgent maintenance).



Activities Schedule | Jun – Sep 2025 Centre Regular Services

Drop-in service	Maggie's Centre is uniquely designed to provide cancer care in a comfortable and warm environment. The
Monday to Friday	Centre features a spacious and bright dining area, an open kitchen, a reading corner, and a small outdoor
Time: 9:00am to 5:00pm	garden. These spaces offer users access to emotional support and practical advice from our professional staff.
No referral or appointment is needed	Visitors can also learn strategies to cope with a cancer diagnosis and its consequences in a supportive and welcoming setting.
	In addition, we host tea gatherings every Monday (2:30 pm – 4:30 pm), where everyone is welcome to enjoy tea and connect with other users in a supportive and friendly setting.
	All our services and facilities are completely free of charge, enabling more people in need can access the appropriate care and support they deserve.
Cancer Consultation Hotline	The consultation hotline provides cancer patients and their families with information on treatment,
Monday to Friday	rehabilitation, nutrition, emotions, community resources, etc.
Time: 9:00am to 5:00pm	
No referral or appointment is needed	Anyone in need is welcome to contact us by calling 2465 6006 during office hours.
Nurse Consultation Service **	Our nurse will discuss with you your cancer and treatment questions and learn how to improve the
Monday to Friday	discomfort and side effects caused by cancer and treatment.
Time: 9:00am to 5:00pm	
No referral or appointment is needed	Person in charge: Oncology Nurse of Maggie's Centre





Allocated and Monitored: **





Emotional and psychological support #	Provide emotional support and professional counseling services to cancer patients and their
Arranged by Centre staff	relatives/caregivers to help reduce the psychological distress and stress caused by cancer and treatment, and live a more positive and meaningful life.
	Person in charge: Clinical Psychologist and Registered Social Worker of Maggie's Centre
Dietitian consultation service #	Provide nutrition consultation services to cancer patients and their families, provide relevant diet and
Arranged by Centre staff	cooking guidance based on personal eating habits and health conditions, help patients increase their nutritional intake, reduce weight loss, and prevent malnutrition.
	Person in charge: Registered Dietitian of Maggie's Centre

Rehabilitation Supplies Support

Oral Nutritional Supplements sample	To fully support the nutritional needs of cancer
and ordering service	patients and cancer survivors, such as Poor appetite,
	insufficient energy and protein nutrition, before and
Monday to Friday	after surgery, malnutrition or underweight, patients,
Time: 9:00am to 5:00pm	their families and caregivers can come to the Centre
	in person to receive free sample packs of nutritional
	supplement drinks. If you need to place an order,
	please contact the Centre staff to fill out the
	preferential order form and order nutritional
	supplement drinks, nutritional milk powder, etc.

Recovery bra and hand-knitted cotton breast prosthesis gift service	Provide bras designed by professional underwear manufacturers for breast cancer patients. The bras can be fitted with different breast pads or prostheses
Monday to Friday	according to needs.
Time: 9:00am to 5:00pm	Colorful hand-woven breast prostheses can help patients adjust to their physical and mental deficiencies, enhance their self-confidence, and live healthier lives.
	Note: Each breast cancer patient is limited to taking one and must try it on in person at the Centre. No need to return.





Allocated and Monitored: **



Wig gift service **	In response to the problem of hair loss caused by treatment, we give away wigs designed by professional
Monday to Friday	wig manufacturers that are suitable for cancer patients to wear, helping patients adjust to their physical and
Time: 9:00am to 5:00pm	mental deficiencies, enhance their self-confidence, and live a healthier life.
	Note: Each person is limited to one pick-up and must try it on in person at the Centre. Brand new wig, no need to return.

Neti Pot	After evaluation by the Centre's oncology nurses, the
	Centre will give neti pots to head and neck cancer
Monday to Friday	patients to relieve the side effects and discomfort caused by treatment.
Time: 9:00am to 5:00pm	

Vaginal Dilator [^]	After evaluation, the Centre's oncology nurses will give
Monday to Friday	vaginal dilators to gynecological cancer patients in need, hoping that they can gradually resolve the various discomforts caused by treatment.
Time: 9:00am to 5:00pm	

Other supplies	Other			aromatherapy rehabilitation boo	oils, oklets
Monday to Friday		•	•	ncer patients at di	-
Time: 9:00am to 5:00pm	g				





Allocated and Monitored: **

🇯 香 添 公 益 全 The Community Chest





Patient Support Group

Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us.

All patient support groups offer flexible participation - attendees can decide whether to join based on their schedules.

	schedules.
Online Cancer Support Groups #	Target audience: All types of cancer patients and survivors
Time: 11:30am to 1:00pm (Every Thursday) Date: Jun 5, 12, 19, 26 Jul 3, 10, 17, 24, 31 Aug 7, 14, 21, 28 Sep 4, 11, 18, 25	 Contents: (1) Explore the self-improvement experience of cancer fighters with fellow travelers and increase your ability to face cancer the approach and confidence to challenge. (2) Share life experiences, listen to each other, support each other, and build positive attitude towards life. Person in charge: Ms. Mona Hung (Registered Social Worker)
Men's Support Group #	Target audience: Male cancer patients and survivors
Time: 9:30am to 11:00am (Every Monday) Date: Jun 2, 9, 16, 23, 30 Jul 7, 14, 21, 28 Aug 7, 14, 21, 28 Sep 1, 8, 15, 22, 29	Purpose: Men have been influenced by traditional values since childhood and are accustomed to playing the role of a protector and a rational person. They seldom express their emotions and need to be cared for. This group is designed specifically for men affected by cancer, allowing members to speak freely and discuss topics that concern each other in a free atmosphere without traditional gazes.
сор т, с, то, <u>с</u> , <u>с</u>	 Content: (1) Know yourself and build friendships (2) Discuss illness, life experiences, and life insights with fellow sufferers (3) Share topics that group members are concerned about, including family, health, friendship, life, etc. Talk about everything from aging, illness and death, joy, anger, sorrow and happiness to the philosophy of life, enriching life
	Person in charge: Ms. Catherine Tsang (Registered Social Worker)
Women's Support Group #	Target audience: Female cancer patients and survivors (especially suitable for working survivors)
Time: 6:30pm to 8:00pm (Fourth Friday of every month) Date: Jun 27, Jul 25, Aug 22, Sep 26	Purpose: To share anti-cancer and life experiences with like- minded people, learn from and support each other, take care of physical and mental needs, increase the joy and wisdom of life, and build a more colorful life.
	Person in charge: Ms. Mona Hung (Registered Social Worker)



	Transford Definition of the transford
Hematologic Cancer Patient Support	Target audience: Patients and survivors of hematologic cancer,
Group #	gynecologic cancer, breast cancer, colorectal cancer, lung
T: 11.00 10.00	cancer, and head and neck cancer
Time: 11:00am to 12:30pm	
(The third Wednesday of every month)	Purpose: To help cancer patients/ recovery gain a comprehensive
	understanding of information on cancer, treatment, nutrition
Date:	-
Jun 18, Jul 16, Aug 20, Sep 17	and diet, emotional management, etc., and learn how to
Gynecologic Cancers Support Group#	maintain physical and mental health and happiness during
	treatment and after recovery, increase confidence and
Time: 11:00am to 12:30pm	ability, and actively fight cancer.
(The first Monday of every month)	
	Contents: (1) Information about cancer and treatment
Date:	(2) Healthy lifestyle and nutritious diet
Jun 2, Jul 7, Aug 1, Sep 1	
	(3) Emotional health and stress relief
Breast Cancer Support Group#	(4) How to deal with anxiety and negative emotions
	(5) Role change and communication with family members
Time: 11:00am to 12:30pm	(6) Work adaptation and positioning
(First Tuesday of every month)	(7) Rethinking Value Beliefs and the Meaning of Life
	(8) Questions and answers to resolve doubts
Date:	(9) Share experiences with others and support each other
Jun 3, Aug 8, Sep 2	
,	1 1
	Person in charge: Oncology Nurses and Registered Social
Bowel Cancer Patient Support Group #	Person in charge: Oncology Nurses and Registered Social
Bowel Cancer Patient Support Group #	Person in charge: Oncology Nurses and Registered Social Workers
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm	
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm	
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month)	
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date:	
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9	
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date:	
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group#	
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Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date:	
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date: Jun 17, Jul 15, Aug 19, Sep 16	Workers
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date:	Workers
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date: Jun 17, Jul 15, Aug 19, Sep 16 Head and Neck Cancers Patient Support	Workers
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date: Jun 17, Jul 15, Aug 19, Sep 16 Head and Neck Cancers Patient Support	Workers
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date: Jun 17, Jul 15, Aug 19, Sep 16 Head and Neck Cancers Patient Support Group#	Workers
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date: Jun 17, Jul 15, Aug 19, Sep 16 Head and Neck Cancers Patient Support Group# Time: 11:00am to 12:30pm	Workers
Bowel Cancer Patient Support Group # Time: 11:00am to 12:30pm (Second Tuesday of every month) Date: Jun 10, Jul 8, Aug 12, Sep 9 Lung Cancer Patient Support Group# Time: 11:00am to 12:30pm (Third Tuesday of every month) Date: Jun 17, Jul 15, Aug 19, Sep 16 Head and Neck Cancers Patient Support Group# Time: 11:00am to 12:30pm	Workers





Special Talks and Activities Interested individuals can register by calling or messaging the Centre via WhatsApp. For any questions, please refer to the "Guidelines for Registration and Participation" page or contact us. Start Over in Life # Target audience: Cancer survivors who have completed treatment within the past year. (Those on stable hormone Class A Schedule (7 sessions, every Friday) therapy or targeted therapy are also eligible.) Sessions 1–6: Aug 15, 22, 29 Content: This specially designed course helps cancer survivors: Sep 12, 19, 26 Time: 1:00pm to 3:30pm (1) Manage post-treatment challenges – Address fatigue, anxiety, memory changes, and other treatment-related Session 7: side effects. Nov 7, 2025 (Friday) (2) Adopt healthier living – Enhance physical and emotional Time: 2:00pm to 4:30pm well-being for a more positive lifestyle. (3) Explore key recovery topics – Exercise, nutrition, emotional health, fear of recurrence, returning to work, and Class B Schedule (7 sessions) Session 1: adapting to new life roles. (4) Build a supportive community – Connect with fellow Aug 9, 2025 (Saturdav) survivors for shared learning and mutual encouragement. Time: 2:00pm to 4:30pm Sessions 2–6 (every Friday): Speakers: Aug 22, 29 Dr. CHENG Hong-Wai (Consultant in Internal Medicine & • Sep 12, 19, 26 Geriatrics/Palliative Care Team, Tuen Mun Hospital) Time: 3:30pm to 6:00pm **Oncology Nurse Specialist** • Physiotherapist • Session 7: **Registered Dietitian** • Oct 31, 2025 (Friday) **Registered Social Worker** • Time: 2:00pm to 4:30pm Format: Face to Face Assessment-based | Multi-session Course Note: Participants are expected to attend all 7 sessions for optimal learning outcomes. Target audience: Cancer patients and their families (especially Fighting Cancer Together " New Disease Support Workshop # suitable for patients who are preparing for or undergoing treatment) 11:15am to 12:45pm Contents: (Second and fourth Monday of every month) (1) Learn how to improve the discomfort and side effects of cancer and treatment, and Jun 9, 23 or (2) How to deal with the anxiety caused by cancer and

treatment, Fear and stress

Registered Dietitian

encouragement and confidence

(3) Experienced people share their experiences and methods

of coping with cancer and treatment, so as to gain

Person in charge: Registered Social Worker/ Oncology Nurse and

Time:

Date:

Jul 14, 28 or

Aug 11, 25 or

General | One-time Activity

Sep 15, 29



Cancer Caring Centre	
Breast Cancer Doctor Talk: understanding chemotherapy and dealing with side effects	Target audience: Breast cancer patients or their families who are currently or will be receiving treatment
Date: Jun 16, 2025 Jul 21, 2025 Aug 18, 2025 Sep 8, 2025 Time: 11:30am to 12:30pm (Monday)	 Content: Help participants to fully understand the different methods of breast cancer treatment and how to deal with side effects and enhance their ability and methods to adapt to the transition during treatment. Speaker: Oncology specialist nurse from the Centre and social worker from the Cancer Patient Resource Centre of Tuen Mun Hospital
General One-time Activity	Note: This talk is co-organised by the Patient Resource Centre of Tuen Mun Hospital and is held monthly.
	Format: Face to face
Doctor's Talk: Lung Cancer Treatment & Quality of Life Improvement #	Target audience: Lung cancer patients, survivors, and their caregivers
Date: Jun 7, 2025 (Saturday) Time: 2:30pm – 4:00pm	Content: Dr. Chiu will provide an in-depth explanation of various treatment medications for lung cancer patients, including chemotherapy drugs, targeted therapy, and the
General One-time Activity	mechanisms of immunotherapy, as well as their potential side effects. Practical advice will also be given to help alleviate medication side effects, thereby improving quality of life and reducing psychological stress.
	Speaker: Dr. Chiu Wing Yan (Specialist in Medical Oncology)
	Format: Face to face and online (Q&A session for on-site attendees)
	Quota:40





Target audience: Cancer patients, survivors, and family members
 Content: This session will introduce key legal instruments— Will, Enduring Power of Attorney (EPA) and Advance Directive (AD) —to help participants plan for future scenarios involving: Asset management upon mental incapacity or death Healthcare decisions in critical situations The workshop aims to empower individuals to maintain personal autonomy while easing the burden on trusted loved ones. Speaker: Mr Mak, the lawyer
Quota: 30
Target audience: Gynaecologic cancer patients, survivors, their caregivers, and interested individuals
Content: Dr. Chu will discuss the different types of gynaecological cancers and their treatments, helping attendees learn
about available options and why recovery support matters.
Speaker: Dr. Mandy CHU Man Yee (Specialist in Gynaecological Oncology, Honorary Clinical Associate Professor, Department of Obstetrics and Gynaecology, LKS Faculty of Medicine, HKU)
Format: Face to face and online (Q&A session for on-site attendees)
Quota:40
Target audience: Colorectal cancer patients, survivors, and interested individuals
Content: This seminar will introduce new methods for colorectal cancer screening, emphasizing the importance of early detection. The discussion will cover the latest treatment
approaches aimed at improving therapeutic outcomes and patients' quality of life.
Speaker: Dr. Cheung Ka Man (Specialist in Clinical Oncology)
Format: Face to face and online (Q&A session for on-site attendees)
Quota: 40



"Managing the Mental Health Challenges of Cancer" #	Target Audience: Cancer patients, survivors, and family members
Date: August 27, 2025 (Wednesday)	Content: When facing the sudden challenges of cancer, we may feel overwhelmed and even encounter an unfamiliar version of ourselves. This seminar will help you understand
Time: 2:30pm – 4:00pm	the emotional and mental distress that cancer can trigger— how patients and family members may react, what
General One-time Activity	constitutes normal versus abnormal responses, and when to seek help from a psychiatrist. We will explore: What support can a psychiatrist provide? How does this differ from psychological counselling? What mindset and strategies can we adopt to cope with these emotional and mental challenges? The goal is to help participants better understand and manage their emotions, ensuring that physical recovery is accompanied by mental peace and well-being.
	Speaker: Psychiatrist
	Format: Face to face and online
	Quota: 30
Chinese Medicine Lecture	Target audience: Cancer patients, survivors, and their families
1. Acupressure for Relieving Post-Cancer Treatment Discomfort Date: Jun 6, 2025 (Friday) Time: 2:30pm - 4:00pm	 Content: Joint discomfort after cancer treatment, such as numbness in hands and feet, joint pain, and soreness in the lower back and knees—understanding how acupuncture points can help relieve joint discomfort from a Traditional Chinese Medicine perspective.
	Speaker: Mr. Chan Sik Ming (Registered Chinese Medicine Practitioner)
2. Coughing and Wheezing: How Can Chinese Medicine Help Relieve Lung Cancer Symptoms?	 Lung cancer patients often experience shortness of breath, coughing, and fatigue—how Chinese Medicine can help alleviate these symptoms.
Date: Jul 4, 2025 (Friday) Time: 2:30pm - 4:00pm	Speaker: Dr. Tang Ho Yin (Registered Chinese Medicine Practitioner)
3. Loss of Appetite in Cancer Patients During Summer - What Can Be Done?	 Hot weather and cancer care—how Chinese Medicine and dietary adjustments can improve digestive function and boost appetite.
Date: Aug 8, 2025 (Friday) Time: 2:30pm - 4:00pm	Speaker: Dr. Li Yan Shan (Registered Chinese Medicine



4. Autumn Dietary Therapy for Cancer Patients: Recommended Foods and Precautions

Date: Sep 5, 2025 (Friday) Time: 2:30pm - 4:00pm

General | One-time Activity

Practitioner)

4. Autumn health tips for cancer patients—lifest Leand Funded by:#

Speaker: Dr. Wu Zichang (Registered Chines Practitioner)

Quota: 25

Carer Series

Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us.

Exploring Community Resources for Cancer Patients and Caregivers #	Target audience: Cancer patients, survivors, and their families
Date: July 4, 2025 (Friday) Time: 10:00am – 11:30am General One-time Activity	Content: A social worker will share community resources available at different stages of cancer, helping patients and caregivers understand available support and services. The session aims to practically enhance participants' ability to cope with cancer-related challenges and reduce family caregiving burdens. Speaker: Ms. Kam Wai Sum (Registered Social Worker)
	Format: Face to face
	Quota: 25
 "Caregiver Support Group: Walking Together in Companionship" # Date: Sep 5, 12, 19, 2025 Oct 3, 2025 (Four Friday sessions) Time: 10:00am – 12:00 noon Assessment-based Multi-session Course 	 Target audience: Caregivers of cancer patients Content: a) Caregivers' stress is often overlooked. This workshop will help participants identify the sources of stress and their impact. b) Learn methods for managing stress and practicing self-care. c) Understand how caregivers can maintain physical and mental well-being to improve the quality of care. Speaker: Ms. Mona Hung (Registered Social Worker) Format: Face to face Quota: 12



"Walking Through the Path of Grief" #	Target audience: Cancer patients and their caregivers (priority given to those with bereavement experience)
Date: September 13, 2025 (Saturday)	
	Content: No one wishes to lose a loved one, yet it is an
Time: 2:00pm – 4:00pm	inevitable part of life—sometimes happening when we
General One-time Activity	are least prepared. This talk aims to help participants understand how losing a loved one affects us, what constitutes normal vs. complicated grief, and what attitudes and coping methods can help in processing grief.
	Speaker: Ms. Catherine Tsang (Registered Social Worker)
	Format: Face to face
	Quota: 25

Lung Cancer Awareness Month	
Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us.	
Lung Cancer Patient Support Group #	Speaker: Oncology Specialist Nurse and Registered Social Worker
Time: 11:00am – 12:30pm	
(Held on the third Tuesday of every month)	*Please refer to page 10 for event details
Dates:	
Jun 17, 2025	
Jul 15, 2025	
Aug 19, 2025	
Sep 16, 2025	
Relaxation Workshop – "Sleep Well, Feel Well" (2 Sessions) #	Speaker: Mr. Wong Chi Kin (Clinical Psychologist)
Date: July 3 & 10, 2025 (Thursdays)	*Please refer to page 22 for event details
Time: 11:30am – 1:00pm	
Sound Healing - Tuning Fork Therapy (Upper Limb Lymphatic Relief) #	Instructor: Mr. Partrick Law (Tuning Fork therapist)
	*Please refer to page 24 for event details
Date: July 3, 2025 (Thursday)	
Time: 4:00pm - 5:30pm	
Exploring Community Resources for Cancer Patients and Caregivers #	Speaker: Ms. Kam Wai Sum (Registered Social Worker)
	*Please refer to page 15 for event details
Date: July 4, 2025 (Friday)	
Time: 10:00am – 11:30am	
Dago 16	



Cancer Caring Centre	
Coughing and Wheezing: How Can Chinese Medicine Help Relieve Lung Cancer Symptoms? #	Speaker: Dr. Tang Ho Yin (Registered Chinese Medicine Practitioner)
Date: July 4, 2025 (Friday)	*Please refer to page 14 for event details
Time: 10:00am to 11:30am	
Lung Cancer Focus—Spinal Stretching & Strengthening Exercises #	Instructor: Mr. Chung Ka Chun (Registered Physiotherapist)
Date: July 10, 2025 (Thursday)	*Please refer to page 30 for event details
Time: 9:30am – 11:00am	
Aromatherapy Massage Group Date: July 11, 2025 (Friday)	Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist)
 Time: 9:30am to 10:15am (Uncomfortable during chemotherapy) 10:15am to 11:00am (Stomach upset) 11:00am to 11:45am (Insomnia) 	*Please refer to page 32 for event details
Exercise Workshop: Cardiopulmonary Breathing Exercises # Date: July 17, 2025 (Thursday)	Instructor: Ms. Fan Yi Man (Stretching and Pilates Instructor) *Please refer to page 29 for event details
Time: 9:30am – 11:00am	
Exercise Workshop: Shoulder & Neck Stretching and Rehabilitation #	Instructor: Mr. Ng Wai Lam (Fitness coach) *Please refer to page 29 for event details
Date: July 24, 2025 (Thursday)	Please relef to page 29 for event details
Time: 9:30am – 11:00am	
Cooking Demonstration & Nutrition Talk #	Cooking Demonstration: Stir-fried Brown Rice Noodles with Three Shreds
Date: July 30, 2025 (Wednesday)	Lecture Topic: Boosting Immunity During Cancer Treatment
Time: 2:30pm – 4:00pm	Speaker: Ms. Ceci Yip (Registered Dietitian)
Have a Cup of Tea and Chat with the Dietitian #	*Please refer to page 19 for event details



Relaxation Workshop - "Be Kind to Yourself" #	Speaker: Ms. Yeung Tsui Yee (Counselling Psychologist)
Date: August 13, 2025 (Wednesday)	*Please refer to page 22 for event details
Time: 11:30am - 12:30pm	





Nutrition Series

Interested individuals can register by calling or messaging the Centre via WhatsApp. For any questions, please refer to the "Guidelines for Registration and Participation" page or contact us.

Cooking Demonstration and Nutrition	Target audience: Cancer patients, survivors and their family
Talk》# - June	members
["] Date: June 4, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: High-Protein Mushroom Cream Pasta Lecture Topic: Macrobiotic/Mediterranean Diet Strategies Speaker: Ms. Li Pui Yan (Registered Dietitian)
Date: June 11, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Creamy Spinach & Potato Bean Soup Lecture Topic: How to Build Muscle Through Diet? Speaker: Ms. Chu Hoi Yin (Registered Dietitian)
Date: June 25, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: High-Protein Peach Gum & Snow Fungus Dessert Lecture Topic: Dietary Myths During Cancer Treatment Speaker: Ms. Man Chor Ki (Registered Dietitian)
Have a Cup of Tea and Chat with the Dietitian #	Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional
General One-time Activity	registration. <this -="" 15="" 30="" approximately="" lasts="" minutes="" session=""></this>
Cooking Demonstration and Nutrition	Target audience: Cancer patients, survivors and their families
Talk》 # - July	
	Cooking Demonstration: Vegetable Frittata Lecture Topic: How to Prevent Sarcopenia?
Date: July 9, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Speaker: Ms. Chu Hoi Yin (Registered Dietitian)
	Cooking Demonstration: Salmon Spinach Potato Bake
Date: July 16, 2025 (Wednesday)	Lecture Topic: Brain-Boosting Diet Tips
Time: 2:30pm to 4:00pm	Speaker: Ms. Man Chor Ki (Registered Dietitian)
Date: July 30, 2025, (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Stir-Fried Brown Rice Noodles with Three Shreds Lecture Topic: How to Boost Immunity During Cancer Treatment Speaker: Ms. Ceci Yip (Registered Dietitian)
Have a Cup of Tea and Chat with	Participants are welcome to join at any time after the nutrition
the Dietitian #	talk and cooking demonstration without the need for additional
General One-time Activity	registration. <this -="" 15="" 30="" approximately="" lasts="" minutes="" session=""></this>





<pre>《Cooking Demonstration and Nutrition Talk》 # - August</pre>	Target audience: Cancer patients, survivors and their families
Date: August 6, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Egg Salad with Cheese-Baked Potato Lecture Topic: Pros and Cons of Popular Weight-Loss Diets Speaker: Ms. Ceci Yip (Registered Dietitian)
Date: August 13, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Turmeric Tofu Vegetable Soup Lecture Topic: How to Reduce Cancer Recurrence Risk Speaker: Ms. Ceci Yip (Registered Dietitian)
Date: August 20, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Chilled Mixed Berry Smoothie Lecture Topic: Preventing Cancer Cachexia Speaker: Ms. Chu Hoi Yin (Registered Dietitian)
Have a Cup of Tea and Chat with the Dietitian # General One-time Activity	Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration. <this -="" 15="" 30="" approximately="" lasts="" minutes="" session=""></this>
《Cooking Demonstration and Nutrition Talk》 # - September	Target audience: Cancer patients, survivors and their families
Date: September 3, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Tomato Seafood Rice Soup Lecture Topic: Preventing Cancer Cachexia During Treatment Speaker: Ms. Ceci Yip (Registered Dietitian)
Date: September 10, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Chia Seed Mixed Berry Pudding Lecture Topic: Dietary Strategies to Boost Immunity Speaker: Ms. Chu Hoi Yin (Registered Dietitian)
Date: September 17, 2025 (Wednesday) Time: 2:30pm to 4:00pm	Cooking Demonstration: Teriyaki Tofu Chicken Patties Lecture Topic: Heart-Healthy Eating Tips Speaker: Ms. Ceci Yip (Registered Dietitian)
Have a Cup of Tea and Chat with the Dietitian # General One-time Activity	Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration. <this -="" 15="" 30="" approximately="" lasts="" minutes="" session=""></this>
Online "Cooking Demonstration and Nutrition Talk" #	Target audience: Cancer patients, survivors and their families
Time: 11:30am to 12:30pm	Speakers: Mr. Ng Pui Sing / Ms. Ceci Yip (Registered Dietitian)
Date: June 18, 2025 (Wednesday)	Cooking Demonstration: Spicy & Sour Tofu Seaweed Soup Lecture Topic: Combat the "Four Highs" - What You Need to Know!





Date: July 23, 2025 (Wednesday)	Cooking Demonstration: Mushroom Clam Oatmeal Porridge Lecture Topic: Dietary Tips for Cancer Recurrence Prevention
Date: August 27, 2025 (Wednesday)	Cooking Demonstration: Middle Eastern Hummus Lecture Topic: Healthy Vegetarian Eating Strategies
Date: September 24, 2025 (Wednesday)	Cooking Demonstration: Creamy Chicken & Mushroom Soup Lecture Topic: Gut Health for Immune System Boost
Have a Cup of Tea and Chat with the Dietitian or Social Worker # General One-time Activity	Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration.
	<this -="" 15="" 30="" approximately="" lasts="" minutes="" session=""></this>

Note:

- Please rename your Zoom display name to your full registered name (in Chinese or English) for attendance tracking.
- Ensure a stable internet connection to avoid disruptions during the session.
- For Zoom download assistance or technical support, please contact our staff at 2465 6006.

• Do not share the meeting link or ID with others to protect participants' privacy.





Emotion Series

Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us.		
Relaxation Workshop - "Sleep Well, Feel	Target audience: Cancer patients, survivors, and their families	
Well" (2 Sessions) # Dates: July 3, 10, 2025 (Thursday) Time: 11:30am - 1:00pm	Content: Based on Cognitive Behavioral Therapy for Insomnia (CBT-I). Introduces methods to improve sleep by optimizing the sleep environment, modifying sleep habits, adjusting perceptions about sleep, and practicing relaxation techniques.	
General Multi-session Course	Speaker: Mr. Wong Chi Kin (Clinical Psychologist)	
	Format: Face to face	
Relaxation Workshop - "Be Kind to	Target audience: Cancer patients, survivors and their families	
Yourself" #	Content: Learn self-care through relaxation techniques	
Date: August 13, 2025 (Wednesday)	Speaker: Ms. Yeung Tsui Yee (Counselling Psychologist)	
Time: 11:30am - 12:30pm General One-time Activity	Format: Face to face	
Relaxation Workshop - "Stress Management" #	Target audience: Cancer patients, survivors and their families	
Date: September 10, 2025 (Wednesday)	Content: How to better manage stress in daily life	
	Facilitator: Ms. Yeung Chui Yee (Counselling Psychologist)	
Time: 11:30am - 12:30pm General One-time Activity	Format: Face to face	
"Mind-Body Wellness: Relaxation Techniques Workshop" #	Target audience: Cancer patients, survivors, and their families	
Date: Please choose and attend one session series only:	Content: Emotional and physical health are deeply interconnected. Relaxation therapy is a fundamental self-care technique that helps alleviate mental and physical stress. Through this three-session program, you will learn the core	
Jun Series: Jun 6, 13, 20 Jul Series: Jul 4, 11, 18	principles, techniques, and practical applications of the following relaxation methods to achieve better mind-body	
Aug Series: Aug 1, 8, 15 Sep Series: Sep 5, 12, 19	wellness: Session 1: Abdominal Breathing Session 2: Progressive Muscle Relaxation	
Time: 2:00pm - 3:00pm (Every Friday)	Session 2. Progressive Muscle Relaxation Session 3: Guided Imagery Speaker: Registered Social Worker (Centre Staff)	
General Multi-session Course		
	Quota: 4-6 Note: Participants must attend all 3 sessions to achieve optimal learning outcomes.	





Music Series

Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us.

Maggie's Centre Music Therapy	Target audience: Cancer patients and survivors
Group # Time: 12:45pm to 2:15pm (every Tuesday) Date: Aug 5, 12, 19, 26 Sep 2, 9, 16, 23, 30 Oct 14 Assessment-based Multi-session Course	Content: On the road to fighting cancer, you may often feel lonely or have many emotions that you cannot express. In the music therapy group, therapists will use various music activities (such as improvisation, song discussion, music creation, etc.) to allow participants to understand themselves in a relaxed atmosphere, express their emotions, establish mutually supportive relationships with like-minded people, and enhance their resilience. Instructor: Ms. Ho Lok Man (Registered Music Therapist and Neuromusic Therapist in the United States)
	Quota: 8 to 10
Maggie's Centre Music Therapy Choir # Time: 2:30pm to 4:00pm (Every Tuesday) Date: Jun 3, 10, 24 Jul 8, 15, 22 Aug 5, 12, 19, 26 Sep 2, 9, 16, 23, 30 (July 1, 2025 – Holiday, session canceled) (June 17 & July 29, 2025 – Instructor on leave, sessions canceled) General Multi-session Course	 Target audience: Cancer patients, survivors and their families who are interested in singing and music are welcome to participate Content: Enjoy the joy and enlightenment brought by singing with like-minded people, relieve emotions and heal the body and mind. Instructor: Ms. Cheng Wing Lam (Registered Music Therapist in the Australia) Quota: 30
Maggie's Centre Personal Music Therapy	Target audience: Cancer patients, survivors and their families
# Arranged by Centre staff Assessment-based Multi-session Course	Content: Everyone's cancer-fighting journey is different. Personal music therapy is to set personalized counseling goals through individual interviews with music therapists, use different types of music therapy methods to deal with the challenges faced by individuals, and learn to face life
	difficulties from different perspectives. If you wish to use music to deal with emotional distress, reduce symptoms such as depression and anxiety, and improve your quality of life, please feel free to contact the Centre staff.
	Instructor: Ms. Ho Lok Man (Registered Music Therapist and Neuromusic Therapist in the United States)





Sound Healing Therapy – Tuning	Target audience: Cancer patients, survivors and their families
Fork Therapy #	Content: The tuning fork produces unique sound vibrations that resonate with the human body, harmonizing the frequencies of the body's organs or brain waves to heal
Time: 4:00pm to 5:30pm (Thursday)	the body and mind.
June 19, 2025	Instructor: Mr. Patrick Law, Tuning Fork therapist
Topic: Lymphedema Relief (Part 2)	Quota:15
July 3, 2025	
Topic: Upper Limb Lymphatic Relief	Note: Advanced class participants must have attended the tuning fork workshop before.
August 7, 2025	
Topic: Journey of the Mind: Letting Go of Worries, Embracing Peace	
August 21, 2025	
Topic: Head & Neck Acupoint Therapy Series - Facial Lymphatic Relief	
September 18, 2025	
Topic: Lower Limb Lymphatics Relief	
General One-time Activity	



Meditation Series

Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us.

Online Stress Relief and Loving Kindness Meditation Course #	Target audience: Cancer patients, survivors and their families (those who have never participated in the "Online Stress Relief and Loving Kindness Meditation Course" are preferred)
Time: 10:00am to 11:00am (Wednesday) Date: Jun 4, 11, 18, 25 Jul 2, 9, 16, 23, 30 Time: 3:30pm to 4:30pm (Wednesday) Date: Aug 6, 13, 20, 27 Sep 3, 10, 17, 24 General Flexible Participation	 Content: Online briefing session designed to introduce mindfulness practice to new participants. The course will cover the basic concepts of mindfulness, a brief introduction to the body scan, sitting meditation and lovingkindness meditation, helping participants understand how to use these techniques to reduce stress and increase inner support. Instructor: Heidi Chan Lok Hang (MBSR Mindfulness-Based Stress Reduction Instructor)
	Format: Online
Online Stress Relief and Loving Kindness Meditation Course Briefing Session #	Target audience: Cancer patients, survivors and their families (those who have never participated in the "Online Stress Relief and Loving Kindness Meditation Course" are preferred)
Time: 10:30am to 11:30am (Tuesday) Date: Jun 3, Jul 8 Time: 3:30pm to 4:30pm (Tuesday) Date: Aug 5, Sep 2	 Content: The briefing session aims to introduce mindfulness practice to new participants. The course will cover the basic concepts of mindfulness, body scan, mindfulness practice and a brief introduction to loving-kindness meditation, helping participants understand how to use these techniques to reduce stress and increase inner support. Instructor: Heidi Chan Lok Hang (MBSR Mindfulness-Based Stress Reduction Instructor)
General One-time Activity	
	Format: Online





Online Mindfulness Practice (English Instructor) #	Target Audience: People touched by cancer and their families who understand English and interested in mindfulness practice
Time: 12:00 noon to 1:00 pm (Monday) Date: Jun 2, 9, 23, 30 Aug 4, 11, 18, 25 Sep 1, 8, 22, 29 General Flexible Participation	 Content: The practice session will be conducted in English. The instructor will lead everyone to do meditation, breathing exercises and body sketching. Participants can freely choose the appropriate sitting or lying position. Finally, the session will end with loving-kindness practice. Instructor: Nadine Anderson (Mindfulness Instructor)
Mindfulness-Based Stress Reduction Course #	Target audience: Cancer patients, survivors and their families (those who have never taken MBSR or MBCT courses are preferred)
Briefing SessionDate: June 28, 2025Time: 9:30-11:00 am (Saturday)Courses (Every Saturday, 8 classes in total)Date: July 5 to August 30, 2025Time: (first and last lessons) 9:30 to 12:30 pm (Other lessons) 9:30 to 12:00 noon	Content: The Mindfulness-Based Stress Reduction (MBSR) program was founded by Dr. Jon Kabat-Zinn at the Massachusetts Hospital in 1979. It was originally used to manage pain for people with long-term pain. It was found to help reduce pain and stress and improve quality of life. After years of research and development, it has also been applied to people suffering from various stress problems in recent years. Group discussions and sharing in class, as well as reflection and discussion in homework, allow students to develop an aware and open attitude, have a clearer understanding of their own physical and mental reactions to life events, learn to change habitual response patterns, wisely and skillfully choose how to respond to current needs, and enjoy a
Retreat Day Date: August 16, 2025 (Saturday) Time: 9:30am to 5:00pm	free and autonomous life. Instructor: Ms. Liao Kunyi (Mindfulness-Based Stress Reduction Course Instructor)
Assessment-based Multi-session Course	Quota: 12 Note 1: Full attendance of the briefing session, course and retreat day is mandatory.
	Note 2: Participants should practice approximately 45 minutes daily throughout the course duration.





Yoga and Sports Series Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us. Train for a healthy body and mind - know Target audience: Cancer survivors, those who have completed yourself and accept the challenge # treatment within two years are preferred Date: Content: Understand the health energy index of the body through Sep 13, 20, 27 basic physical assessment (such as hand grip strength, Oct 4 body composition analysis, cardiopulmonary function, balance, etc.) Number of sessions: (Total 4 lessons) 2) Learn a variety of exercises, including aerobic exercise, resistance training and relaxation exercises Time: 3) Establish exercise habits, increase body awareness and Class A: 9:30am to 11:00am (Saturday) health index, help physical and mental recovery, and Class B: 11:30am to 1:00pm (Saturday) enhance personal stress resistance. Assessment-based | Multi-session Course Instructor: Mr. Ng Man Tung (Registered Physiotherapist) Quota:15 Note: Participants are required to attend four classes to achieve the best learning effect. Health Preservation Exercise # Target audience: Cancer patients, survivors, and their family members (Priority given to first-time participants) Date: Jul 28 to Sep 22, 2025 (Total 9 lessons) Note: The instructor will be absent on Aug 18 & 25, Content: The wellness exercises are easy to learn and can help 2025. The classes will be rescheduled to Aug 1 unblock meridians throughout the body, improve circulation & 8, 2025, from 9:30am to 10:30am. in the torso, bones, and joints, boost immunity, and aid in physical recovery. Date: Sep 29 to Nov 24, 2025 (Total 9 lessons) Instructor: Ms. Leung Yuk Ling Time: 1:00pm to 2:00pm (Every Monday) Quota: 15 General | Multi-session Course Liu Zi Jue # Target audience: Cancer patients, survivors and their families Date: Jul 28 to Sep 22, 2025 (Total 9 (Priority given to first-time participants) lessons) Note: The instructor will be absent on Aug 18 & 25, Content: The Liu Zi Ju is a breathing method that can cure 2025. The classes will be rescheduled to Aug 1 disease and prolong life. It is also called the Heel Breathing & 8, 2025, from 10:30am to 11:30am. Method. It adjusts the internal organs and meridians, balances Qi and blood, and maintains the balance of Yin Sep 29 to Nov 24, 2025 (Total 9 lessons) and Yang. This exercise corresponds to the meridians of the liver, heart, spleen, lungs, kidneys, triple burner and other Time: 2:00pm to 3:00pm (Every Monday) organs. Treatment begins with this method, which is simple, easy and has significant therapeutic effects. General | Multi-session Course Instructor: Ms. Leung Yuk Ling Quota:15





Cancer Caring Centre	1
Baduanjin #	Target audience: People touched by cancer and their families
Date:	(Priority given to first-time participants)
Jul 28 to Sep 22, 2025 (Total 9 lessons) Note: The instructor will be absent on Aug 18 & 25, 2025. The classes will be	Content: 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.
rescheduled to Aug 1 & 8, 2025, from 11:30am to 12:30pm.	Instructor: Ms. Leung Yuk Ling
Sep 29 to Nov 14, 2025 (Total 9 lessons)	Quota:15
Time: 3:00pm to 4:00pm (every Monday)	
General Multi-session Course	
Qigong Workshop: Taiyiquan #	Target audience: People touched by cancer and their families (Priority given to first-time participants)
Date: Jul 31 to Oct 9, 2025 (Total 11 lessons)	Content: The exercises are easy to learn to energize the mind, improve memory, nourish stomach, liver and strength body
Time: 2:30pm to 3:30pm (Every Thursday)	that is suitable for anyone to learn.
General Multi-session Course	Instructor: Ms. Ng Yuk Ching
	Quota: 15
Laughter Yoga #	Target audience: Cancer patients, survivors and their families
Time: 10:00am to 10:45am (Tuesday) Date:	Content: When you are in a good mood, your body will naturally be in good shape too. Laughter makes us feel happy and relaxes our body and mind. Laughter is also a deep
Jun 10 & 24 Jul 8 & 22 Aug 12 & 26	breathing exercise, which allows the body to inhale more oxygen and bring us energy and vitality! Participating in Laughter Yoga, by combining "laughter" with yoga's
Sep 9 & 23 General Flexible Participation	"Dantian breathing method", can relax the body, improve mood and enhance sleep quality.
	Instructors: Ms. Tang Chun Yuk, Ms. Kwok Wai Mei
	Note 1: Please wear comfortable sportswear during class.
	Note 2: Due to the overwhelming response for Laughter Yoga, participation will be limited to 20 people on a first-come, first-served basis. To ensure fairness, only replies of "Will attend" after receiving the [Confirmation Notice] will be accepted—early replies will not be considered. Those who do not respond in time or reply after the quota is full will not be able to join.





Cancer Caring Centre	
Exercise Workshop #	Target audience: Cancer patients, survivors and their families
Time: 9:30am to 11:00am (Thursday)	Instructor: Mr. Ng Wai Lam (Fitness Coach)
Date: June 12, 2025 (Thursday) Theme: Full body training	Content: Full-body training focusing on major muscle groups (chest, back, legs) to directly enhance muscle strength and improve daily functioning.
Date: July 24, 2025 (Thursday) Theme: Shoulder & Neck Stretching and Relief	Content: Shoulder and neck stretch to address cervical spine issues (C1-C7) and improve scapular mobility, reducing discomfort in the neck and shoulders.
Date: August 14, 2025 (Thursday) Theme: Lower-Body Strengthening Exercises	Content: Lower-body strengthening exercises targeting specific muscle groups (outer/inner thighs and mid-leg muscles) to improve lower-body weakness.
Date: September 18, 2025 (Thursday) Theme: Core Muscle Training	Content: Core muscle training to correct lumbar spine curvature (L1-L5) and reduce lower back pain.
General One-time Activity	Quota: 15
Exercise Workshop #	Target audience: Cancer patients, survivors and their families
Time: 9:30am to 11:00am (Thursday)	Instructor: Ms. Fan Yi Man (Stretching and Pilates Instructor)
Date: June 19, 2025 (Thursday) Theme: Strength training exercises	Content: Build muscle strength through bodyweight and resistance band exercises, enhancing muscle mass, improving balance, and slowing bone loss.
Date: July 17, 2025 (Thursday) Theme: Cardiopulmonary Breathing Exercises	Content: Rhythmic seated and standing exercises using a chair to help participants coordinate breathing and boost cardiovascular function.
Date: August 28, 2025 (Thursday) Theme: Pilates Strength Training	Content: Strengthen core muscles with Pilates training to improve joint flexibility and stability, enabling greater overall body mobility.
Date: September 25, 2025 (Thursday) Theme: Stretching Exercises (Shoulders, Neck & Back)	Content: Begin with full body stretches, followed by targeted stretches for the shoulders, neck, and back to relieve muscle fatigue and tension.
General One-time Activity	Quota: 15





Cancer Carring Centre	
Exercise Workshop #	Target audience: Cancer patients, survivors and their families
Time: 9:30am to 11:00am (Thursday)	Instructor: Mr. Chung Ka Chun (Registered Physiotherapist)
Date: June 5, 2025 (Thursday) Topic: Pelvic floor muscle strengthening exercises	Content: Designed for individuals with gastrointestinal or gynecological cancers, as well as those experiencing urinary incontinence or lower back pain, this session focuses on strengthening the pelvic floor muscles to improve related physical conditions.
Date: July 10, 2025 (Thursday) Theme: Lung Cancer Focus—Spinal Stretching & Strengthening	Content: Targeting complications arising from lung cancer, this session incorporates upper thoracic stretches and strengthening exercises to enhance cardiopulmonary function and alleviate issues such as back pain and shoulder/neck tension.
Date: August 7, 2025 (Thursday) Theme: Relief Exercises for Limb Numbness (Neuropathy)	Content: Limb numbness is a common long-term side effect among cancer survivors. Through full-body dynamic stretching exercises, this session aims to improve neuropathy symptoms.
Date: September 11, 2025 (Thursday) Theme: Pain Relief—Core Muscle Strengthening Exercises General One-time Activity	Content: Weak core muscles are frequently observed in cancer survivors and can contribute to chronic pain. This class focuses on core strengthening and is suitable for participants with relatively better physical fitness.
	Quota: 15

Note: Due to the overwhelming response to the **Exercise Workshop**, each participant may only enroll in one session per instructor per quarter (based on the brochure) as a primary registrant. Others will be placed on a waiting list. If spots become available, you will receive a notification one day before the activity begins.



Online Yoga and Sports Series		
Interested individuals are w	Interested individuals are welcome to call or WhatsApp the Centre to register.	
For any inquiries, please refer to the "Gu	uidelines for Registration and Participation" page or contact us.	
Online Karate Course: Train both body	Target audience: Cancer patients, survivors and their families	
and mind #		
	Content:	
Time: 11:00am to 12:00 nn (Every Wed)	Train both body and mind, with aims of:	
	1. Self-understanding and goal setting	
Date:	2. Strengthen the basics and confidence	
Jun 4, 11, 18, 25	3. Balance between strength and flexibility	
Jul 2, 9, 16, 23, 30	4. Embrace success and failure, enjoy the process	
Aug 6, 13, 20, 27	Instructor: Miss Man Vuon Vi (Karata Casah)	
Sep 3, 10, 17, 24	Instructor: Miss Man Yuen Yi (Karate Coach)	
	Note: Wear appropriate athletic attire and prepare a pillow. Please	
General Flexible Participation	reserve enough space, i.e. 1.5m x 2m is recommended.	
Online Yin Yoga Class #	Target audience: Cancer patients, survivors and their families	
Time: 3:30pm to 4:30pm (every Friday)	Content: The Anahata Chakra is located in the heart and governs	
	empathy, love and compassion. Balancing the heart chakra	
Date:	can release repressed emotional trauma while also finding	
Jun 6, 13, 20, 27	joy that comes naturally. Our Yin Yoga practice will focus on	
Jul 4, 11, 18	balancing the heart chakra, hoping to relax our minds	
Aug 8, 15, 22, 29	through easy breathing exercises and find peace and	
Sep 5, 12, 19, 26	happiness in our hearts. Through gentle asanas, we can	
	stretch and relax our shoulders, ribs and back to improve	
	problems such as round shoulders and cold back and strengthen the cardiopulmonary system. By staying in the	
*Each lesson is independent and does not	asanas for a period of time, we can practice introspection,	
require continuous attendance*	focus on sensing changes in the body, bring consciousness	
	back to the present, and relax our body and mind.	
General Flexible Participation	Instructor: Ms. Cammie (Pause for a cause instructor)	
	Format: Online Zoom	
	Note: Please wear comfortable sportswear, prepare pillows or	
	cuddle mats, towels or scarves or yoga ropes, and	
	participate in the class in a comfortable place such as a bed.	
Note:		

Note:

- Please rename your Zoom display name to your full registered name (in Chinese or English) for attendance tracking.
- Ensure a stable internet connection to avoid disruptions during the session.
- For Zoom download assistance or technical support, please contact our staff at 2465 6006.
- Do not share the meeting link or ID with others to protect participants' privacy.





Cancer Caring Centre	omatherapy Series	
	Interested individuals are welcome to call or WhatsApp the Centre to register.	
	e "Guidelines for Registration and Participation" page or contact us.	
Aromatherapy Massage Group - June	Target audience: Cancer patients, survivors and their families	
Date: June 6, 2025 (Friday) Time: 9:30am to 10:15am (Upper limb edema) 10:15am to 11:00 am (Lower limb edema) 11:00am to 11:45am (Pain)	Content: The instructor will integrate the healing power of aromatherapy and acupressure to meet the participants' physical problems. He will introduce and demonstrate various Chinese and foreign massage techniques so that participants can apply what they have learned. Aromatherapy can help you relax and relieve pain.	
Date: June 13, 2025 (Friday) Time: 9:30am to 10:15am (to improve immunity) 10:15am to 11:00am (Emotional) 11:00am to 11:45am (Insomnia)	Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist) Quota: 4 people per session	
11.00am to 11.45am (msomma)	Quota. 4 people per session	
Date: June 20, 2025 (Friday) Time: 9:30am to 10:15am (Uncomfortable during chemotherapy) 10:15am to 11:00am (Pain) 11:00am to 11:45am (Stomach upset)	Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.	
General One-time Activity		
Aromatherapy Massage Group - July	Target audience: Cancer patients, survivors and their families	
Date: July 4, 2025 (Friday) Time: 9:30am to 10:15am (Upper limb edema) 10:15 to 11:00 am (Lower limb edema) 11:00am to 11:45am (Pain) Date: July 11, 2025 (Friday)	Content: The instructor will integrate the healing power of aromatherapy and acupressure to meet the participants' physical problems. He will introduce and demonstrate various Chinese and foreign massage techniques so that participants can apply what they have learned. Aromatherapy can help you relax and relieve pain.	
Time: 9:30am to 10:15am (Uncomfortable during chemotherapy) 10:15am to 11:00am (Stomach upset) 11:00am to 11:45am (Insomnia)	Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist)	
	Quota: 4 people per session	
Date: July 18, 2025 (Friday) Time: 9:30am to 10:15am (Neck and shoulder pain) 10:15am to 11:00am (Pain) 11:00am to 11:45am (Side effects during chemotherapy)	Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.	
General One-time Activity		
l		



Cancer Caring Centre Aromatherapy Massage Group - August	Target audience: Cancer patients, survivors and their families
Alonatherapy massage oroup - August	rarget addictioe. Cancer patients, survivors and their faithiles
Date: August 1, 2025 (Friday) Time:9:30am to 10:15am (Upper limb edema) 10:15am to 11:00am (Lower limb edema) 11:00am to 11:45am (Side effects during chemotherapy)	Content: The instructor will integrate the healing power of aromatherapy and acupressure to meet the participants' physical problems. He will introduce and demonstrate various Chinese and foreign massage techniques so that participants can apply what they have learned. Aromatherapy can help you relax and relieve pain.
	Instructor: Ms. Mak Yuen Ling
Date: August 8, 2025 (Friday) Time: 9:30am to 10:15am (Pain) 10:15am to 11:00am (Insomnia)	(China's second-level massage technician certification, British IFA aromatherapy therapist)
11:00am to 11:45am (Emotional)	Quota: 4 people per session
General One-time Activity	Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.
Aromatherapy Massage Group -	Target audience: Cancer patients, survivors and their families
September Date: September 5, 2025 (Friday)	Content: The instructor will integrate the healing power of aromatherapy and acupressure to meet the participants'
Time: 9:30am to 10:15am (Upper limb edema) 10:15 to 11:00 am (Lower limb edema) 11:00am to 11:45am (Uncomfortable during chemotherapy)	physical problems. He will introduce and demonstrate various Chinese and foreign massage techniques so that
	Instructor: Ms. Mak Yuen Ling
Date: September 12, 2025 (Friday) Time: 9:30am to 10:15am (to improve immunity)	(China's second-level massage technician certification, British IFA aromatherapy therapist)
10:15am to 11:00am (Emotional) 11:00am to 11:45am (Insomnia)	Quota: 4 people per session
Date: September 19, 2025 (Friday) Time: 9:30am to 10:15am (Uncomfortable during chemotherapy) 10:15am to 11:00am (Pain) 11:00am to 11:45am (Stomach upset)	Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.
General One-time Activity	
Aromatherapy Workshop: "Aromatic Comfrey Multipurpose Ointment	Target audience: Cancer patients and survivors
Date: June 27, 2025 (Friday)	Content: Lithospermum officinale cream relieves itching and redness caused by mosquito bites and insect bites, soothes sensitivity, and comforts delicate skin.
Time: 10:00am to 11:00am or	
11:15am to 12:15pm	Instructor: Ms. Mak Yuen Ling
General One-time Activity	(China's second-level massage technician certification, British IFA aromatherapy therapist)
	Quota: 20 people per session



Aromatherapy Workshop: "Soothing	Target audience: Cancer patients and survivors
Massage with Aromatherapy"	
	Content: The instructor will demonstrate simple massage
Date: July 25, 2025 (Friday)	techniques using aromatic massage oils to promote
	circulation, relax muscles, and alleviate physical discomfort.
Time: 10:00am to 11:00am	Instructor: Ms. Mak Yuen Ling
11:15am to 12:15pm	(China's second-level massage technician certification,
	British IFA aromatherapy therapist)
General One-time Activity	
	Quota: 20 people per session
Aromatherapy Workshop: "Refreshing	Target audience: Cancer patients and survivors
Sunscreen Lotion"	
	Content: Learn to craft all-natural, additive-free sunscreen to protect
Date: August 15, 2025 (Friday)	your skin from UV damage — especially important during
	intense sunlight exposure.
Time: 10:00am to 11:00am or	
11:15am to 12:15pm	Instructor: Ms. Mak Yuen Ling
	(China's second-level massage technician certification,
General One-time Activity	British IFA aromatherapy therapist)
	Quota: 20 people per session
Aromatherapy Workshop: "Chemical-Free	e Target audience: Cancer patients and survivors
Shampoo Bars"	
	Content: Learn to make eco-friendly shampoo bars — simple to
Date: September 26, 2025 (Friday)	craft yet highly effective. These natural bars promote scalp
	health, gently cleanse excess oils, and deliver a refreshing,
Time: 10:00am to 11:00am or	invigorating sensation.
11:15am to 12:15pm	
	Instructor: Ms. Mak Yuen Ling
General One-time Activity	(China's second-level massage technician certification,
	British IFA aromatherapy therapist)
	Quota: 20 people per session



Nature Healing and Art Series Interested individuals are welcome to call or WhatsApp the Centre to register. For any inquiries, please refer to the "Guidelines for Registration and Participation" page or contact us.

Online Pastel Nagomi Art Workshop	Target audience: Cancer patients, survivors and their families
Date: June 21, 2025 (Saturday) July 12, 2025 (Saturday) August 16, 2025 (Saturday) September 13, 2025 (Saturday) Time: Workshop: 2:00pm to 4:00pm Group member Sharing: 4:00pm to 5:30pm General One-time Activity	 Content: 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. Instructor: Miss Anna Lau
Green Therapy Healing Gardening	Target audience: Cancer patients, survivors and their families
Workshop #	Content: In this gardening therapy workshop, cancer patients will
Date: July 23, 2025 (Wednesday)	learn to plant succulent plants, experience their resilience,
Time: 10:30am to 12:30 noon	and create mugwort massage pouches to alleviate pain and reduce stress. Through the activities, physical and mental health will be promoted along with mutual support.
General One-time Activity	nealth will be promoted along with mutual support.
	Instructor: Ms. Choi (Registered Horticultural Therapist and
	Registered Social Worker)
	Quota: 15





Maggie's Cancer Caring Centre

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



Address:

Tuen Mun Hospital, Tsing Chung Koon Road, Tuen Mun, N.T. Hong Kong

Opening Hours: Monday to Friday 9am to 5pm (Public Holidays Closed)

Phone: 2465 6006 Fax: 2465 6063 WhatsApp : 6625 4225 Email: info@maggiescentre.org.hk

Website: www.maggiescentre.org.hk



Our activities and programmes are completely free of charge. Please contact us if you are interested.



Weather Arrangement

<u>The Centre will be closed</u> when the Black Rainstorm warning signal or Typhoon signal no. 8 is hoisted. (If the above signals are lowered or cancelled at or before 2p.m., our Centre will reopen within 2 hours. If the above signals persist after 2p.m., our Centre will remain closed.)

The Centre will remain open as usual when an Amber or Red Rainstorm warning, Typhoon signal no.1 or no.3.