



maggie's



銘琪癌症關顧中心

2023年12月至2024年3月活動時間表



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Activities Schedule | Dec 2023 – Mar 2024

Information and Support	
#Professional emotional & psychological support (To be arranged by staff)	To provide professional emotional support and counselling services to people touched by cancers, including their families and friends, for reducing their stress brought by cancer diagnosis and treatments. Instructors: Psychologist and social workers of the Centre
**Nurse Consultation Anytime from Monday to Friday between 9:00am - 5:00pm	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
#Dietitian Consultation (To be arranged by staff)	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
Giveaway of Post-Surgical Recovery bras and hand-knitted cotton prosthesis From Monday to Friday between 9:00am - 5:00pm	Bras are designed by professional lingerie manufacturer to suit needs of breast cancer patients, which can insert different breast pads or prostheses as required. The colorful hand-knitted prostheses can help patients to overcome physical and emotional deficiencies, enhance their confidence for better living. Instructors: Oncology specialist nurses of the Centre Remarks: Each person is eligible for taking once and required to do fitting at the Centre. The bra is owned by the patient.
**Giveaway of Wig From Monday to Friday between 9:00am - 5:00pm	Sponsored by professional wig manufacturer, a wig designed for cancer patients is provided to patient for free to cope with their hair loss problems. Instructors: Oncology specialist nurses of the Centre Remarks: Each person is eligible for one new wig and required to do fitting at the Centre. The wig is brand new and is owned by the patient.

Patient Support Group

For interested parties, please call our Centre for enrollment and details will be announced in due course.
Note: If you are joining via ZOOM, please ensure to have a stable internet connection for a smooth experience.

<p>“Fighting Cancer Together” New diagnosis support group</p> <p>Dec 11 Jan 8 & 22 Feb 26 Mar 11 & 25</p> <p>(Every 2nd and 4th Mondays, 11:00am – 12:30pm)</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> <ol style="list-style-type: none"> (1) Learning and sharing of how to improve the discomfort brought by cancer and treatments (2) Knowing and expressing the anxiety and fear in facing sickness and treatment (3) Sharing of experiences from other patients to gain support and encouragement. <p>Instructors: Oncology specialist nurses and registered social worker of the Centre</p> <p>Format: Face-to-face</p>
<p>#Patient Support Group</p> <p>Dec 7, 14, 21 & 28 Jan 4, 11, 18 & 25 Feb 1, 8, 15, 22 & 29 Mar 7, 14, 21 & 28</p> <p>(Thu, 11:30am – 1:00pm)</p>	<p>Target Audience: People touched by all types of cancer</p> <p>What is it about?</p> <ol style="list-style-type: none"> (1) Exploring the way out together with other patients (2) Sharing of life experience to gain information and support <p>Instructors: Registered social worker of the Centre</p> <p>Format: via ZOOM</p>
<p>#Men’s Support Group</p> <p>Dec 4, 11 & 18 Jan 8, 15, 22 & 29 Feb 5, 19 & 26 Mar 4, 11, 18 & 25</p> <p>(Mon, 9:30am – 11:00am)</p>	<p>Target Audience: Males touched by cancer</p> <p>Purpose: Traditional Chinese values have been shaping males to take up the role of a protector and rational person, thus they are less expressive of 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> <ol style="list-style-type: none"> (1) Get to know yourself better and develop new friendships (2) Speak with others of similar experience (3) Discuss topics raised by groupmates e.g. family, health, friendship, life-and-death, ups-and-downs, philosophy, etc. <p>Instructor: Registered social worker of the Centre</p> <p>Format: Face-to-face</p>

# Hematological Cancer Patient Support Group Feb 21 Mar 20 Apr 17 (Wed, 11:00am - 12:30pm)	Target Audience: People touched by hematological cancer / gynecologic cancer/breast cancer/colorectal cancer and lung cancer Purpose: Through the talks led by oncology nurses, participants can holistically understand more about cancer, its treatments and implications, and 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. What is it about? <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 Instructors: Oncology specialist nurse of the Centre Format: face-to-face
#Gynecology Cancer Support Group Dec 4 Feb 5 Mar 4 (Relaxing Exercises Workshop) (Mon, 11:00am - 12:30pm)	
#Breast Cancer Support Group Dec 5 Jan 2 Feb 6 Mar 5 (Tue, 11:00am - 12:30pm)	
#Colorectal Cancer Support Group Dec 12 Jan 9 Mar 12 (Tue, 11:00am - 12:30pm)	
#Lung Cancer Support Group Dec 19 Jan 16 Feb 20 (Cardiopulmonary Rehabilitation Exercises) Mar 19 (Tue, 11:00am - 12:30pm)	

<p>#Head & Neck Cancer Support Group Jan 23 Feb 27 (Head, Shoulder, and Neck Stretching Exercises) Mar 26 (Tue, 11:00am - 12:30pm)</p>	<p>Target Audience: People touched by head & neck cancer 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> <ul 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 of the Centre Format: face-to-face</p>
<p>#Working Women's Support Group Jan 26 Feb 23 Mar 22 (Fri, 6:30pm - 8:00pm)</p>	<p>Target Audience: Working women that touched by cancer 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: Oncology specialist nurse and registered social worker of the Centre Format: face-to-face</p>

Psychoeducation Seminar

For interested parties, please call our Centre for enrollment and details will be announced in due course.

<p>#Overcoming the shadow of anxiety Jan 24 (Wed, 2:00pm – 3:00pm)</p> <p>#Nutrition seminar and Cooking Demonstration Jan 24 (Wed, 3:00pm – 4:30pm)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Understanding the nature of anxiety and common anxious emotions, to learn how to reduce unnecessary anxiety, and make life easier.</p> <p>Instructor: Miss Leung Yuen Ping, Clinical Psychologist</p> <p>Seminar: “happy” food for reducing stress and depression</p> <p>Demonstration: Matcha Banana Oat Pancakes</p> <p>Instructor: Miss Ceci Yip, Registered Dietitian</p> <p>Format: face-to-face</p>
<p># Online “Coping with Pain and Building a meaningful life”</p> <p>Theory Jan 4 (Thu, 10:00am – 11:00am)</p> <p>Practical Jan 18 Feb 1 (Thu, 10:00am – 11:00am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? Coping with Pain and Building a Meaningful Life through Acceptance and Commitment Therapy. Through practice in the courses to cope with pain and build a Meaningful Life through Acceptance and Commitment Therapy.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Remarks: The two sessions are related, priority will be given to applicants who can attend both sessions.</p> <p>Format: via ZOOM</p>

Thematic Seminar

For interested parties, please call our Centre for enrollment and details will be announced in due course.

Breast Cancer : Exploring Side Effects and Coping with Mid to Late-Stage Treatment Dec 16 (Sat, 10:00am – 11:00am)	Target Audience: People touched by cancers, their families and interested parties What is it about? Breast cancer is the most common cancer among women, and different treatments can bring different side effects to patients. Dr Tin will share with you the side effects and relevant coping methods for different stages of treatment, accompanying you to navigate through breast cancer with ease. Instructor: Dr Winnie Tin, Oncology Specialist Format: Face-to-face
# Bereavement, Farewell, and Recovery Jan 23 (Tue, 9:30am – 10:30am)	Target Audience: Cancer patients, survivors, and family members who have experienced the loss of a loved one. What is it about? Through sharing the concept of bereavement care, participants will gain a theoretical understanding of the grieving process after the loss of a loved one. They will also learn how to practice bereavement care and improve self-care and caring skills. Note: For participants interested in joining the subsequent "Bereavement Care Group," centre staff will assess their grief emotions and mental health status to determine suitability for participation. The assessment results will be used internally by the centre and for reference by staff members only. Instructor: Registered social worker of the centre Format: face-to-face



<p>Doctor's Seminar: Questions about leukemia</p> <p>Feb 22 (Thu, 4:00pm – 5:30pm)</p>	<p>Target Audience: People touched by cancers, their families and interested parties</p> <p>What is it about?</p> <p>It is estimated that there are about 1,000 new cases of blood cancer in Hong Kong every year. The reason why blood cancer is so frightening is that it does not have any signs or symptoms. Unlike other cancers that can be removed in surgery, and it comes fiercely once it emerges regardless in early or late stage of development. However, blood cancer is still a curable. The public will learn more about the causes, diagnosis and treatment of leukemia in this seminar.</p> <p>Instructor: Dr Jasper Wong, Specialist of Haematology & Haematological Oncology</p> <p>Format: face-to-face</p>
<p># Doctor's Seminar: Something about Uterine Cancer you should know</p> <p>Mar 14 (Thu, 4:00pm – 5:30pm)</p>	<p>Target Audience: People touched by cancers, their families and interested parties</p> <p>What is it about?</p> <p>Uterine cancer is one of the ten most common cancers in Hong Kong and the fourth most common cancer in women. However, symptoms of early stage of uterine cancer are not obvious, and often resulted in delay in golden time treatment. It is hoped that through the detailed introduction in this seminar, the public will have a better understanding of the prevention, incidence, diagnosis and treatment of uterine cancer.</p> <p>Instructor: Dr Tai Yin Ping, Clinical Oncology Specialist</p> <p>Format: face-to-face</p>

Lymphoma Cancer Awareness Month

For interested parties, please call our Centre for enrollment and details will be announced in due course.
Note: If you are joining via ZOOM, please ensure to have stable internet connection for smooth experience.

<p>#Hematology Cancer Patient Support Group</p> <p>Feb 21 Mar 20 Apr 17</p> <p>(Wed, 11:00am - 12:30pm)</p>	<p>Target Audience: People touched by Hematology Cancer and their families</p> <p>Purpose Through explanations by oncology specialist nurses, participants can gain a comprehensive understanding of cancer, its treatment options, related side effects, nutritional care and other information, and learn how to maintain physical and mental health and happiness during treatment and after recovery, and receive care and emotional support. Support, and work with other participants to build confidence and help each other out of worries and fears, and actively fight against cancer.</p> <p>What is it about?</p> <ul style="list-style-type: none"> (1) Relevant cancer and treatment info (2) Relaxation and destress methods (3) Ways to handle anxiety and negative ideas (4) Q&A (5) Experience sharing and support <p>Instructor: Centre's oncology specialist nurses</p> <p>Format: Face-to-face</p>
<p>TCM seminar: Spring diet tips for cancer patients</p> <p>Feb 20</p> <p>(Tue, 9:15am - 10:45am)</p>	<p>Target Audience: People touched by head and neck cancers, their families</p> <p>What is it about? As spring comes, the temperature is gradually warming up and the relatively more humid. The change of weather in spring will aggravate the body's humidity, which may lead to symptoms e.g. swelling, fatigue, bloating, drowsiness, chest tightness and diarrhea. The seminar share tips about proper diet tips in spring for better health.</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>Format: Face-to-face</p>
<p>Trimming of Wig and shaving service</p> <p>Feb 20</p>	<p>Target Audience: Cancer patients in use of wig and need a shave</p> <p>What is it about? Hair loss is a common side effect of cancer treatment, which</p>

<p>(Tue, 9:30am - 12:00nn)</p>	<p>brings a lot of psychological pressure to the patients. During the process, the patient may need to shave his/her head or wear a wig for a long period of time. In order to make the patient feel more confident about his/her appearance and to minimize the embarrassment in daily life, the volunteer stylist will provide a wig trimming or shaving service for the patient.</p> <p>Responsible: Volunteer stylists</p> <p>Quota: 10 people</p> <p>Format: Face-to-face</p>
<p># Singing Bowl Sound Healing Workshop</p> <p>Feb 22 (Thu)</p> <p><u>For Cancer patients undergoing treatment</u> 9:15am - 11:15am</p> <p><u>For Cancer survivors and their families</u> 11:30am - 1:30pm</p>	<p>Target audience: People touched by cancers</p> <p>What is it about?</p> <p>Singing bowl sound therapy has a calming effect on anxiety, nervousness, irritability, and stabilizing effect on overthinking and muscular pain. Its sound vibration brings calmness in mind and improve sleep quality. Striking of singing bowl also help to release emotions and restore calmness.</p> <p>Instructor: Ms So Suk Ching, Singing Bowl Instructor</p> <p>Quota: 12 people</p> <p>Format: Face-to-face</p>
<p>Doctor's Seminar: Questions about leukemia</p> <p>Feb 22 (Thu, 4:00pm – 5:30pm)</p>	<p>Target Audience: People touched by cancers, their families and interested parties</p> <p>What is it about?</p> <p>It is estimated that there are about 1,000 new cases of blood cancer in Hong Kong every year. The reason why blood cancer is so frightening is that it does not have any signs or symptoms. Unlike other cancers that can be removed in surgery, and it comes fiercely once it emerges regardless in early or late stage of development. However, blood cancer is still a curable. The public will learn more about the causes, diagnosis and treatment of leukemia in this seminar.</p> <p>Instructor: Dr Jasper Wong, Specialist of Haematology & Haemotological Oncology</p> <p>Format: face-to-face</p>
<p># Online Exercise workshop</p> <p>Exercise to improve lymphedema</p>	<p>Target Audience: People touched by cancer and their families</p>

<p>Feb 23 (Fri, 9:30am – 11:00am)</p>	<p>What is it about?</p> <p>How to improve your upper limb lymphoedema through the concepts of "Relax, Restore and Stabilize", this workshop is a new approach to improve fascial elasticity and joint mobilization to promote lymphatic drainage.</p> <p>Instructor: Mr Calson Leung, Registered Physiotherapist</p> <p>Format: Zoom</p>
<p>Sound Healing – tuning fork workshop Upper Body Acupoint Therapy for Healing</p> <p>Feb 8 (Thu, 9:30am – 11:00am)</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about?</p> <p>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 the body and mind.</p> <p>Instructor: Mr Patrick Law, Professional Tuning fork sound therapist</p> <p>Quota: 8 people</p> <p>Format: face-to-face</p>
<p>Pastel Nagomi Finger Art Workshop</p> <p>Feb 24 (Sat)</p> <p>Workshop: 2:00pm – 4:00pm Sharing Session: 4:00pm – 5:30pm</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about?</p> <p>Pastel Nagomi Art is originated from Japan. Using soft pastels and simply your own fingers to create unique heart-touching artwork, that brings harmony, peace and happiness to your 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>
<p># Cooking Demonstration and nutrition seminar</p> <p>Demonstration: Moroccan Lentil Soup Seminar: Dieting tips for blood cancer patients</p> <p>Feb 28 (Wed) (2:30pm - 4:00pm)</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about?</p> <p>Registered Dietitian, Miss Ceci Yip will share what food to prepare for blood cancer patients during treatment.</p> <p>Instructor: Miss Ceci Yip, Registered Dietitian</p> <p>Format: face-to-face</p>

Nutrition Series

For interested parties, please call our Centre for enrollment and details will be announced in due course.
Note: If you are joining via ZOOM, please ensure to have stable internet connection for smooth experience.

#Cooking Demonstration and nutrition seminar	Target Audience: People touched by cancers and their families
(1) Dec 6 (Wed, 2:30pm – 4:00pm)	Dish: Spaghetti Stir-Fry with Clams in Thai Style Topic: How to reduce the risk of cancer recurrence?
(2) Dec 13 (Wed, 2:30pm – 4:00pm)	Dish: Baked Macaroni and Cheese with Mushrooms Topic: How to keep your brain healthy? Instructor: Ms Lee Pui Yan, Registered Dietitian
(3) Dec 20 (Wed, 2:30pm – 4:00pm)	Dish: Avocado and Fresh Shrimp Wonton Cups Topic: Healthy Tips for Enjoying Christmas
(4) Jan 3 (Wed, 2:30pm – 4:00pm)	Dish: Fresh Tomato and Onion Braised Fish Fillet Topic: Improving Cardiovascular Health with Vitamin D
(5) Jan 11 (Wed, 3:00pm – 4:30pm)	Dish: High Protein Mushroom Soup Topic: How to Identify Sarcopenic Obesity Instructor: Ms Lee Pui Yan, Registered Dietitian
(6) Jan 24 (Wed, 3:00pm – 4:30pm)	Dish: "Happy" Foods for Stress Relief and Anti-Depression Topic: Matcha Banana Oat Pancakes
(7) Feb 7 (Wed, 2:30pm – 4:00pm)	Dish: Bountiful Pumpkin Pot Topic: Health Tips for the Lunar New Year Diet
(8) Feb 21 (Wed, 2:30pm – 4:00pm)	Dish: Sweet Potato Tangyuan Dessert Soup Topic: How to Increase Muscle Mass Through Diet Instructor: Ms Lee Pui Yan, Registered Dietitian
(9) Feb 28 (Wed, 2:30pm – 4:00pm)	Dish: Moroccan Lentil Soup Topic: Comprehensive Diet Guide for Blood Cancer Instructor: Miss Ceci Yip, Registered Dietitian

<p>(10) Mar 6 (Wed, 2:30pm – 4:00pm)</p> <p>(11) Mar 13 (Wed, 3:00pm – 4:30pm)</p> <p>(12) Mar 27 (Wed, 2:30pm – 4:00pm)</p>	<p>Dish: Spicy Tofu and Kelp Soup Topic: Effective Methods for Preventing Osteoporosis</p> <p>Dish: Black Truffle Wild Mushroom Risotto Topic: Boosting Immunity: Tips and Tricks Instructor: Ms Lee Pui Yan, Registered Dietitian</p> <p>Dish: Chicken Laksa Rice Noodles Topic: Dietary Guidelines for Cancer Treatment Instructor: Miss Ceci Yip, Registered Dietitian</p> <p>Format: face-to-face</p>
<p># Online Cooking Demonstration and nutrition seminar Jan 17 (Wed, 11:0am – 12:00nn)</p> <p>Feb 14 (Wed, 2:30pm – 3:30pm)</p> <p>Mar 20 (Wed, 2:30pm – 3:30pm)</p>	<p>Target Audience: People touched by cancers and their families Dish: Turmeric Seafood Baked Rice Topic: Preventing Malnutrition in Cancer Patients</p> <p>Dish: Italian-style Vegetable Baked Omelette Topic: A Comprehensive Analysis of Popular Weight Loss Methods</p> <p>Dish: C Creamy Pumpkin and Corn Oat Soup Topic: Understanding Drinks and Foods for Colon Cancer Prevention Instructor: Miss Ceci Yip, Registered Dietitian Format: via ZOOM</p>
<p>#Chit-Chat with dietitian Welcome every participant to join after attending the seminar, no registration is needed <15-30 mins></p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about? After the cooking demonstration and nutrition seminar, dietitians will answer dietary questions for participants. Welcome everyone to share info and tips for healthy living habit.</p> <p>Instructor: Registered Dietitian at the Centre Format: face-to-face / via ZOOM</p>

Traditional Chinese Medicine (TCM) Seminar

For interested parties, please call our Centre for enrollment and details will be announced in due course.

<p>TCM Seminar: Diet, Do's & Don'ts for Cancer patients in winter</p> <p>Dec 12 (Tue, 9:15am – 10:45 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? What to note to improve immunity for cancer patients during cold chill winter?</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>Format: Face-to-face</p>
<p>TCM Seminar: Helping with cold hands and feet and joint pain in winter</p> <p>Feb 6 (Tue, 9:15am – 10:45 am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about? During winter, it is common to experience cold hands and feet, which may be attributed to insufficient yang energy. From a TCM perspective, many ailments arise from a deficiency of yang energy. In this lecture, we aim to provide a detailed introduction on how to adjust and improve this condition through various aspects such as diet and lifestyle habits. Our goal is to assist in nurturing yang energy and warming the body.</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>Format: Face-to-face</p>
<p>TCM seminar: Spring diet tips for cancer patients</p> <p>Feb 20 (Tue, 9:15am – 10:45 am)</p>	<p>Target Audience: People touched by head and neck cancers, their families</p> <p>What is it about? As spring comes, the temperature is gradually warming up and the relatively more humid. The change of weather in spring will aggravate the body's humidity, which may lead to symptoms e.g. swelling, fatigue, bloating, drowsiness, chest tightness and diarrhea. The seminar shares tips about proper diet tips in spring for better health.</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>Format: Face-to-face</p>

<p>TCM seminar: How cancer patients alleviate overall heaviness and body swelling in Spring time?</p> <p>Mar 19 (Tue, 9:15am – 10:45 am)</p>	<p>Target Audience: People touched by head and neck cancers, their families</p> <p>What is it about?</p> <p>With the arrival of spring, it is easy to experience dampness accumulation. The warm and humid climate hinders the elimination of dampness from the body, leading to symptoms such as drowsiness, loss of appetite, and loose stools. The seminar aims to offer insights from TCM perspective and suggest dietary adjustments and body regulation to improve these symptoms.</p> <p>Instructor: Dr Lam Lam, Registered Chinese Medicine Practitioner</p> <p>Format: Face-to-face</p>
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<p>Relaxation Series</p> <p>For interested parties, please call our Centre for enrollment and details will be announced in due course. Note: If you are joining via ZOOM, please ensure to have stable internet connection for smooth experience.</p>	
<p># Relaxation Workshop: Take good care of yourself</p> <p>Jan 9 (Thu, 10:00am – 11:00am)</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about?</p> <p>Learn how to take good care of oneself through acquiring relaxation methods.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Format: Face-to-face</p>
<p># Relaxation Workshop: Relax body, mind and soul</p> <p>Feb 27 (Tue, 9:45am – 10:45am)</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about?</p> <p>Relax all your body, mind and soul through acquiring relaxation methods.</p> <p>Instructor: Ms Ng So Sum, clinical psychologist</p> <p>Format: Face-to-face</p>

#Online Relaxation Workshop: Relax and sleep well Mar 19 (Tue, 10:00am – 11:00am)	Target Audience: People touched by cancers and their families What is it about? Improve sleeping quality through acquiring relaxation methods. Instructor: Ms Ng So Sum, clinical psychologist Format: via ZOOM
#Relaxation Group Exercise Dec 2023 – Mar 2024 (Every Mondays, Wednesday and Fridays, 2:00pm – 3:00pm) Theme: Imagery Relaxation (Mon) Theme: Breathing Relaxation (Wed) Theme: Muscle Relaxation (Fri) *welcome to join the workshop anytime*	Target Audience: People touched by cancers and their families 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 Instructors: Oncology specialist nurse and registered social workers of the Centre Format: Face-to-face

Music Series For interested parties, please call our Centre for enrollment and details will be announced in due course. Note: If you are joining via ZOOM, please ensure to have stable internet connection for smooth experience.	
#Maggie's Centre Music Therapy Choir Dec 5, 12 & 19 Jan 2, 9, 16 (via ZOOM), 23 & 30 Feb 6, 20 & 27 Mar 5, 12, 19, 26 (Every Tues, 2:30pm – 4:00pm) **Jan 16 will be held via ZOOM	Target Audience: People touched by cancer and their families What is it about? People who are affected by cancer are interested in music and are welcomed to join us. Instructor: Mr Chung King Man, Registered Music Therapist and Certified NMT Format: Face-to-face
#Maggie's Centre Group Music Therapy *TBC date, time and format. Participant will be informed the arrangement after enrolment. *	Target Audience: People touched by cancers What is it about? Cancer patients may experience various emotions and worries throughout their journey. Group music therapy, led

	<p>by a therapist, provides song sharing, music relaxation, and instrument playing to encourage patients to explore their inner needs, express their emotions, and find resonance and comfort in the sharing process with others who may be going through similar experiences. This creates a supportive environment for patients to cope with the challenges of cancer and improve their emotional well-being.</p> <p>Instructor: Mr Chung King Man, Registered Music Therapist and Certified NMT</p> <p>Format: Face-to-face</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 cancers</p> <p>What is it about?</p> <p>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: Face-to-face</p>
<p>Sound Healing: tuning fork workshop</p> <p>Jan 4 (Thu) Theme: Initial Experience of Tuning Fork Therapy for Healing</p> <p>Feb 1 (Thu) Theme: Head and Shoulder Acupoint Therapy for Healing</p> <p>Feb 8 (Thu) Theme: Upper Limb Acupoint Therapy for Healing</p> <p>Mar 14 (Thu) Theme: Lower Limb Acupoint Therapy for Healing</p> <p>(9:30am – 11:00am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about?</p> <p>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 the body and mind.</p> <p>Instructor: Mr Patrick Law, Professional Tuning fork sound therapist</p> <p>Quota: 12 people</p> <p>Format: face-to-face</p>

Meditation Series

For interested parties, please call our Centre for enrollment and details will be announced in due course.
 Note: If you are joining via ZOOM, please ensure to have a stable internet connection for smooth experience.

<p>Online Introduction to Mindfulness</p> <p>Dec 8 (Sleeping) Jan 15 (chronic pain) Feb 19 (Sleeping) Mar 18 (Emotional)</p> <p>(Mon, 10:00am – 11:00am)</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about?</p> <ol style="list-style-type: none"> 1. Introduce on “Mindfulness and Free Mind” workshop and points to note 2. Answer questions related to mindfulness <p>Instructor: Ms Gen Heng, Mindfulness Tutor</p> <p>Format: via ZOOM</p>
<p>Online “Mindfulness & free mind”</p> <p>Dec 7 & 21 Jan 4 & 18 Feb 1, 15 & 29 Mar 14 & 28</p> <p>(Thurs, 2:30pm – 4:00pm)</p> <p>*May choose more than one timeslot</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about?</p> <p>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” course.</p> <p>Format: via ZOOM</p>
<p>Online “Mindfulness Practice” (English Instructor)</p> <p>Dec 4 & 11 Jan 8 , 15 & 29 Feb 5 & 19 Mar 4, 11 & 25</p> <p>(Mon, 12:00pm – 1:00pm)</p> <p>*May choose more than one timeslot</p>	<p>Target Audience: People touched by cancer and their families who understand English</p> <p>What is it about?</p> <p>The practice is conducted in English. The instructor will lead the meditations, breathing and body scan practice etc. Participants can choose the posture which they are comfortable with. The session ended with sharing and Loving-Kindness Meditation.</p> <p>Instructor: Nadine Anderson, Mindfulness Tutor</p> <p>Format: via ZOOM</p>

Mindfulness Practice (English Instructor) Jan 26 Mar 1 Mar 22 (Fri, 10:00am – 11:00am)	Target Audience: People touched by cancers and their families who understand English What is it about? The practice is conducted in English. Instructor will lead the 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. Instructor: Nadine Anderson, Mindfulness Tutor Quota: 10 persons Format: Face-to-face
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Yoga and Exercise Series	
For interested parties, please call our Centre for enrollment and details will be announced in due course. Note: If you are joining via ZOOM, please ensure to have stable internet connection for smooth experience.	
#Mindful Yoga Briefing session: Feb 2 (Fri, 2:30pm – 4:00pm) Course Date: Feb 16 & 23 Mar 1, 8 & 22 Apr 5, 12 & 19 Course Time: Elementary Class: 2:30pm – 4:00pm Advanced Class: 4:15pm – 5:45pm (Every Fri, 8 sessions in total) Day Camp: Apr 27, 2024 (Sat, 9:30am – 5:00pm)	Target audience: People touched by cancers and their families What is it about? The program combines "mindfulness therapy" and "holistic yoga" techniques, incorporating yoga movements, breathing exercises, deep relaxation, yoga diet, and purification methods. This enables students to learn comprehensively and enhance their self-awareness of the body and emotions, thereby achieving a stress-reducing effect. The program includes theory, practice, and day camp. Instructor: Mr Ken Wong, MBSR Instructor, President of Hong Kong Mindful Yoga Association Remarks: Participant must attend briefing, course and day camp. Format: Face-to-face

<p>Yin Yoga</p> <p>Dec 1, 8, & 15 Jan 5, 12, 19 & 26 Feb 2, 9, 16 & 23 Mar 1, 8, 15 & 22</p> <p>(Fri, 3:30pm – 4:30pm)</p> <p>*Each class can be attended individually *</p>	<p>Target audience: People touched by cancers</p> <p>What is it about?</p> <p>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 a pillow, towel, scarf, and yoga strap. You join the lesson in bed or other places you find comfortable.</p> <p>Format: via ZOOM</p>
<p>#Yoga Therapy</p> <p>Dec 2023 - Mar 2024</p> <p>*Exact date and time to be confirmed. If interested, please contact the staff of the Center to register in advance.*</p>	<p>Target audience: People touched by cancers</p> <p>What is it about?</p> <p>Yoga therapy include yoga pose, breathing exercise, meditation and pranayama etc, which helps improve body flexibility, balance and strength, so as to reduce problems of tiredness, pressure, depression, neck and back pain and hyper pressure. During personal yoga therapy, the instructor will understand the needs and physical conditions of the participants through professional assessment and interviews, and then tailor-made yoga courses for each participant.</p> <p>Remarks: Participant must attend all 3 lessons for personal therapy sessions and 2 sessions of group therapy. Please bring along big towel for each lesson</p> <p>Instructor: Bonnie Chong, Yoga Therapy Instructor</p> <p>Format: Face-to-face</p>

<p>#Singing Bowl Sound Healing Workshop</p> <p><u>For Cancer patients undergoing treatment</u></p> <p>Jan 11 (Thu) 9:15am - 11:15am</p> <p>Feb 22 (Thu) 9:15am - 11:15am</p> <p>Mar 7 (Thu) 9:15am - 11:15am</p> <p><u>For Cancer survivors and their families</u></p> <p>Jan 11 (Thu) 11:30am - 1:30pm</p> <p>Feb 22 (Thu) 11:30am - 1:30pm</p> <p>Mar 7 (Thu) 11:30am - 1:30pm</p>	<p>Target audience: People touched by cancers</p> <p>What is it about?</p> <p>Singing bowl sound therapy has a calming effect on anxiety, nervousness, irritability, and stabilizing effect on overthinking and muscular pain. Its sound vibration brings calmness in mind and improve sleep quality. Striking of singing bowl also help to release emotions and restore calmness.</p> <p>Instructor: Ms So Suk Ching, Singing Bowl Instructor</p> <p>Quota: 12 people</p> <p>Format: Face-to-face</p>
<p># Health Qigong</p> <p>Nov 13 to Jan 22 (except Dec 25 & Jan 1, 9 lessons in total)</p> <p>Jan 29 to Apr 8 (except Feb 12 & Apr 1, 9 lessons in total)</p> <p>(Every Mondays, 1:00pm to 2:00pm)</p>	<p>Target audience: People touched by cancers and their families</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>Quota: 15 persons</p> <p>Format: Face-to-face</p>

<p>#Liu Zi Jue</p> <p>Nov 13 to Jan 22 (except Dec 25 & Jan 1, 9 lessons in total)</p> <p>Jan 29 to Apr 8 (except Feb 12 & Apr 1, 9 lessons in total)</p> <p>(Every Mondays, 2:00pm – 3:00pm)</p>	<p>Target audience: People touched by cancer and their families</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 effects.</p> <p>Instructor: Ms Leung Yuk Ling</p> <p>Quota: 15 persons</p> <p>Format: Face-to-face</p>
<p># Baduanjin</p> <p>Jan 29 to Apr 8 (except Feb 12 & Apr 1, 9 lessons in total)</p> <p>(Every Mondays, 3:00pm – 4:00pm)</p>	<p>Target audience: People touched by cancer and their families</p> <p>What is it about? Baduanjin is through mobilizing joints and muscles of the whole body to strengthen cardio and blood circulation to relieve stress, boost fitness and strengthen health.</p> <p>Instructor: Ms Leung Yuk Ling</p> <p>Quota: 15 persons</p> <p>Format: Face-to-face</p>
<p>*Qigong Workshop: Taiyiquan</p> <p>Dec 28 to Mar 7 (11 lessons in total)</p> <p>(Every Thursdays, 2:30pm – 3:30pm)</p>	<p>Target audience: People touched by cancer and their families</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.</p> <p>Instructor: Ms Ng Yuk Ching</p> <p>Quota: 15 persons</p> <p>Format: Face-to-face</p>

<p>#Exercise Workshop Dec 20 (Aerobic exercise) (Wed, 2:00pm – 3:30pm)</p> <p>Jan 17 (Learn more about barefoot exercise) (Wed, 9:30am – 11:00am)</p> <p>Feb 14 (Correct breathing exercise) (Wed, 2:00pm – 3:30pm)</p> <p>Mar 13 (Stretching methods) (Wed, 2:00pm – 3:30pm)</p>	<p>Target audience: People touched by cancer and their families</p> <p>What is it about? Simple exercises will be taught for doing at home to strengthen muscles, and improve limb coordination, joint mobility, and body tightness.</p> <p>Instructor: Hong Kong Corporis trainer</p> <p>Quota: 15 persons</p> <p>Format: Face-to-face</p>
<p># Exercise Workshop Dec 14 Theme: Core muscle training</p> <p>Jan 18 Theme: Functional training</p> <p>Feb 15 Theme: Core muscle training</p> <p>Mar 21 Theme: Upper limb stretching exercise (Thu, 9:30am – 11:00am)</p>	<p>Target audience: People touched by cancers and their families</p> <p>What is it about? Through learning core muscle building exercise to improve body balance and stability, to improve common problems of urbanites such as hunchback and lower back pain.</p> <p>Instructor: Mr Ng Wai Lam, Fitness coach</p> <p>Quota: 15 persons</p> <p>Format: Face-to-face</p>
<p># Exercise Workshop</p> <p>Jan 25 Theme: Cardiovascular breathing exercises</p> <p>Feb 29 Theme: Soothing waist discomfort exercise</p> <p>Mar 28 Theme: Relaxing shoulder and neck exercise (Thu, 9:30am – 11:00am)</p>	<p>Target audience: People touched by cancers and their families</p> <p>What is it about? Through learning upper limb stretching exercise to relax the body, reduce stress to stay healthy both mentally and physically.</p> <p>What is it about? The workshop will focus on Cardiovascular breathing exercises, scoliosis improvement exercises, and Pilates. Participants will learn to connect their inner core muscles and limbs through various breathing techniques and rhythms, improving body vitality, circulation, and joint mobility. Tight muscles will be relaxed, and loose muscles will be strengthened, resulting in functional muscle training.</p> <p>Instructor: Ms Fan Yee Man, Stretching and Pilates tutors</p> <p>Format: Face-to-face</p>

<p>#Online Exercise Workshop</p> <p>Dec 15 Theme: Exercises to relieve shoulder and neck pain</p> <p>Jan 26 Theme: Exercises to relieve shoulder and neck pain</p> <p>Nov 24 Theme: Exercise to relieve lymphedema</p> <p>Dec 21 Theme: Knee joint relief exercises</p> <p>(Fri, 9:30am – 11:00am)</p>	<p>Target audience: People touched by cancers and their families</p> <p>What is it about? Scar tissue is different from normal skin because hair follicles, sebaceous glands, and sweat glands cannot be restored; as it contains fewer elastic fibers, which can lead to scar hardening and shrinkage, sometimes causing skin tightness and even restricting normal movement. Physiotherapist teaches how to improve postoperative wound tightness and scar hardening exercises.</p> <p>What is it about? Shoulder and neck stiffness, as well as shoulder and neck pain, are common issues that trouble many people. In daily life, unaware movements can impose significant strain on the shoulders or neck. Therefore, it is crucial to begin rehabilitation exercises as early as possible. Physical therapists will introduce various exercises for the head, shoulders, and neck. With your patient cooperation and consistent practice, you can maximize the muscle and joint mobility in the treatment area to a more desirable extent.</p> <p>What is it about? How to improve lymphedema in your upper limbs through the concepts of "muscle relaxation, realignment, and stabilization"? This workshop introduces innovative methods to enhance fascial elasticity and joint mobility, thereby promoting lymphatic drainage.</p> <p>What is it about? Many people experience knee pain, especially among runners and elderlies. It can range from mild discomfort affecting sports performance to severe pain even during regular walking. So, what training exercises can help protect the knee joints, and what should be considered during training? To prevent knee pain, it is important to strengthen the muscles around the knees and maintain proper knee mobility. Regularly engaging in knee joint strengthening exercises can reduce the risk of knee injuries.</p> <p>Instructor: Mr Calson Leung, Registered Physiotherapist</p> <p>Format: via ZOOM</p>
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<p>Karate Course: Train both body and mind</p> <p>Dec 6, 13, 20 & 27 Jan 3, 10, 17, 24 & 31 Feb 7, 14, 21 & 28 Mar 6, 13, 20 & 27</p> <p>Wed, 11:00am – 12:00 nn</p> <p>*Welcome to join the course anytime*</p>	<p>Target audience: People touched by cancers and their families</p> <p>What is it about? 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>
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Aromatherapy series	
For interested parties, please call our Centre for enrollment and details will be announced in due course.	
<p>Aromatic Massage Group - Dec</p> <p>Dec 1, Fri 9:30am – 10:15am (Upper limb edema) 10:15am – 11:00am (Lower limb edema) 11:00am – 11:45am (Chronic pain)</p> <p>Dec 8, Fri 9:30am – 10:15am (Discomfort during chemotherapy) 10:15am – 11:00am (Nausea and dizziness) 11:00am – 11:45am (Stomach discomfort)</p> <p>Dec 29, Fri 9:30am – 10:15am (Insomnia) 10:15am – 11:00am (Hand and foot numbness) 11:00am – 11:45am (Chronic pain)</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about? The instructor would explain about the benefits of the combination of aromatherapy and acupressure 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>Remarks: please wear loose clothing to attend</p> <p>Quota: 4 persons / session</p> <p>Format: Face-to-face</p>
<p>Aromatic Massage Group – Jan</p> <p>Jan 5, Fri 9:30am – 10:15am (Upper limb edema) 10:15am – 11:00am (Lower limb edema) 11:00am – 11:45am (Chronic pain)</p>	

<p>Jan 12, Fri 9:30am – 10:15am (Discomfort during chemotherapy Chronic pain) 10:15am – 11:00am (Nausea and dizziness) 11:00am – 11:45am (Stomach discomfort)</p> <p>Jan 19, Fri 9:30am – 10:15am (Insomnia) 10:15am – 11:00am (Hand and foot numbness) 11:00am – 11:45am (Chronic pain)</p>	
<p>Aromatic Massage Group – Feb</p> <p>Feb 2, Fri 9:30am – 10:15am (Upper limb edema) 10:15am – 11:00am (Lower limb edema) 11:00am – 11:45am (Hand and foot numbness)</p> <p>Feb 9, Fri 9:30am – 10:15am (Chronic pain) 10:15am – 11:00am (Insomnia) 11:00am – 11:45am (Itchy skin)</p>	<p>Target Audience: People touched by cancers and their families</p> <p>What is it about?</p> <p>The instructor would explain about the benefits of the combination of aromatherapy and acupressure 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>Aromatic Massage Group – Mar</p> <p>Mar 1, Fri 9:30am – 10:15am (Upper limb edema) 10:15am – 11:00am (Lower limb edema) 11:00am – 11:45am (Chronic pain)</p> <p>Mar 8, Fri 9:30am – 10:15am (Hand and foot numbness) 10:15am – 11:00am (Itchy skin) 11:00am – 11:45am (Shoulder & Neck pain)</p> <p>Dec 15, Fri 9:30am – 10:15am (Boosting immunity) 10:15am – 11:00am (Emotion) 11:00am – 11:45am (Insomnia)</p>	<p>Remarks: please wear loose clothing to attend</p> <p>Quota: 4 persons/ session</p> <p>Format: Face-to-face</p>

Aromatic workshop: Aromatic bubble bath ball Jan 31 (Wed) 10:00am – 11:00am 11:15am – 12:15pm	Target Audience: People touched by cancers What is it about? Aromatic bath ball for water bathing hands and feet to release stiffness of body, warming up, reducing stress and improve sleeping quality. Instructor: Ms Mak Yuen Ling (Chinese Second-Class Massage Technician, British IFA Aromatherapy Therapist) Quota: 20 persons / session Format: Face-to-face
Aromatic workshop: Aromatic lip balm Feb 28 (Wed) 10:00am – 11:00am 11:15am – 12:15pm	Target Audience: People touched by cancers What is it about? Natural aroma and essences in lip balm to sooth chapped lips, keep moisturized and recovery Instructor: Ms Mak Yuen Ling (Chinese Second-Class Massage Technician, British IFA Aromatherapy Therapist) Quota: 20 persons / session Format: Face-to-face
Aromatic workshop: Massage Oil for Hand and Foot Reflexology Mar 27 (Wed) 10:00am – 11:00am 11:15am – 12:15pm	Target Audience: People touched by cancers What is it about? Using aromatic essential oils in combination with hand and foot reflexology to relax the body and mind, and alleviate discomfort in various parts of the body. Instructor: Ms Mak Yuen Ling (Chinese Second-Class Massage Technician, British IFA Aromatherapy Therapist) Quota: 20 persons / session Format: Face-to-face

Other Activities

For interested parties, please call our Centre for enrollment and details will be announced in due course.
Note: If you are joining via ZOOM, please ensure to have stable internet connection for smooth experience.

<p>Online Pastel Nagomi Finger Art Workshop</p> <p>Dec 6, Sat Jan 27, Sat Feb 24, Sat Mar 23, Sat</p> <p>Workshop: 2:00pm – 4:00pm Sharing Session: 4:00pm – 5:30pm</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about?</p> <p>Pastel Nagomi Art is originated in Japan. They use soft pastels and simply your fingers to create unique heart-touching artwork, that brings harmony, peace and happiness to your life. Participants can let their creativity flow, relax and find joy and happiness during the painting process.</p> <p>Instructor: Miss Anna Lau Format: via ZOOM</p>
<p># Maggie's Centre Christmas Party cum 10th Anniversary Celebration</p> <p>Dec 22 (Fri) 12:00nn – 1:30pm</p>	<p>Target Audience: People touched by cancer and their families</p> <p>What is it about?</p> <p>The annual Christmas is approaching, the Centre will be holding a Christmas party filled with a variety of activities, and partnering organizations are invited to celebrate the 10th anniversary of the Centre online. You are invited to come and get the taste of Christmas joy together!</p> <p>Instructor: Centre staff</p> <p>Remarks: A small Christmas gift is arranged for each registered participant to pick up at the Centre from Dec 18 to Dec 29, available on a first-come-first-service basis while stocks last. You can also take photos with Christmas Tree when come to collect your gift.</p> <p>Format: Zoom</p>
<p>Trimming of Wig and shaving service</p> <p>Feb 20 (Tue) 9:30am – 12:00nn</p>	<p>Target Audience: Cancer patients in use of wig and need a shave</p> <p>What is it about?</p> <p>Hair loss is a common side effect of cancer treatment, which brings a lot of psychological pressure to the patients. During the process, the patient may need to shave his/her head or</p>

	<p>wear a wig for a long period of time. In order to make the patient feel more confident about his/her appearance and to minimize the embarrassment in daily life, the volunteer stylist will provide a wig trimming or shaving service for the patient.</p> <p>Responsible: Hairstylist Volunteer</p> <p>Quota: 10 people</p> <p>Format: Face-to-face</p>
<p>Fai Chun writing and giveaway</p> <p>Feb 5 (Mon) 9:30am – 12:30pm</p> <p>Feb 6 (Tue) 9:30am – 12:30pm 2:30pm – 4:30pm</p> <p>Feb 8 (Thu) 2:30pm – 4:30pm</p>	<p>Target Audience: Cancer patients in use of wigs and need a shave</p> <p>What is it about?</p> <p>The Lunar New Year of Dragon is around the corner, if you would like to add some festive decoration to your home, you are welcome to join this session at the Centre and your comrade will write Fai Chun for you instantly.</p> <p>Responsible: Ms Ng Fong</p> <p>Format: Face-to-face</p>

Maggie's Cancer Caring Centre

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



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@maggiescentrehongkong



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

Weather Arrangement

The Centre will be closed 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.