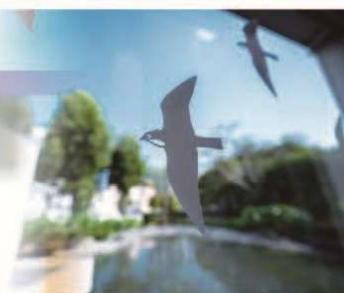


# 銘琪 maggie's

癌症關顧中心  
Cancer Caring Centre



Mar – Jun 2025 Activity Schedule



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## Activities Schedule | Mar – Jun 2025

### Regular services of the Centre

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

<b>Emotional and psychological support #</b>  Arranged by Centre staff	Provide emotional support and professional counseling services to cancer patients and their 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
<b>Dietitian consultation service #</b>  Arranged by Centre staff	Provide nutrition consultation services to cancer patients and their families, provide relevant diet and 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

<b>Oral Nutritional Supplements sample and ordering service</b>  Monday to Friday Time: 9:00am to 5:00pm	To fully support the nutritional needs of cancer patients and cancer survivors, such as Poor appetite, insufficient energy and protein nutrition, before and after surgery, malnutrition or underweight, patients, 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.
<b>Recovery bra and hand-knitted cotton breast prosthesis gift service</b>  Monday to Friday  Time: 9:00am to 5:00pm	Provide bras designed by professional underwear manufacturers for breast cancer patients. The bras can be fitted with different breast pads or prostheses according to needs.  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.

<b>Wig gift service **</b>  Monday to Friday  Time: 9:00am to 5:00pm	<p>In response to the problem of hair loss caused by treatment, we give away wigs designed by professional wig manufacturers that are suitable for cancer patients to wear, helping patients adjust to their physical and mental deficiencies, enhance their self-confidence, and live a healthier life.</p> <p>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.</p>
<b>Neti Pot</b>  Monday to Friday  Time: 9:00am to 5:00pm	<p>After evaluation by the Centre's oncology nurses, the Centre will give neti pots to head and neck cancer patients to relieve the side effects and discomfort caused by treatment.</p>
<b>Vaginal Dilator^</b>  Monday to Friday  Time: 9:00am to 5:00pm	<p>After evaluation, the Centre's oncology nurses will give vaginal dilators to gynecological cancer patients in need, hoping that they can gradually resolve the various discomforts caused by treatment.</p>
<b>Other supplies</b>  Monday to Friday  Between 9:00am and 5:00pm	<p>Other supplies include aromatherapy oils, headscarves, stress balls, and rehabilitation booklets, fully catering to the needs of cancer patients at different stages.</p>

Funded by: #



Supported by: \*\*



Allocated and Monitored: \*\*



Funded by: ^





## Patient Support Group

Those who are interested please call or WhatsApp the Centre to register. The Centre will inform you of the course arrangements before the course starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly

<b>Online Cancer Support Groups #</b>  Time: 11:30am to 1:00pm (Every Thursday)  Date: March 6, 13, 20 and 27 April 3, 10, 17 and 24 May 8, 15, 22 and 29 Jun 5, 12, 19 and 26	Target: All types of cancer patients and survivors  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)
<b>Men's Support Group #</b>  Time: Every Monday from 9:30am to 11:00am  March 3, 10, 17, 24 and 31 April 7, 14 and 28 May 12, 19 and 26 Jun 2, 9, 16, 23 and 30	Target: Male cancer patients and survivors  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.  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)
<b>Women's Support Group#</b>  Time: 6:30pm to 8:00pm (Fourth Friday of every month)  March 28, April 25, May 23, Jun 27	Target: Female cancer patients and survivors (especially suitable for working survivors)  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)

<b>Hematologic Cancer Patient Support Group #</b>  Time: 11:00am to 12:30pm (The third Wednesday of every month)  Date: March 19, April 16, May 21, June 18	Target: Patients and survivors of hematologic cancer, gynecologic cancer, breast cancer, colorectal cancer, lung cancer, and head and neck cancer  Purpose: To help cancer patients/recoverers gain a comprehensive understanding of information on cancer, treatment, nutrition and diet, emotional management, etc., and learn how to maintain physical and mental health and happiness during treatment and after recovery, increase confidence and ability, and actively fight cancer.
<b>Gynecologic Cancers Support Group#</b>  Time: 11:00am to 12:30pm (The first Monday of every month)  Date: March 3, April 7, Jun 2	Contents: (1) Information about cancer and treatment (2) Healthy lifestyle and nutritious diet (3) Emotional health and stress relief (4) How to deal with anxiety and negative emotions (5) Role change and communication with family members (6) Work adaptation and positioning (7) Rethinking Value Beliefs and the Meaning of Life (8) Questions and answers to resolve doubts (9) Share experiences with others and support each other
<b>Breast Cancer Support Group#</b>  <b>Time:</b> 11:00am to 12:30pm (First Tuesday of every month)  Date: March 3, April 11 (Friday) May 6, Jun 3	
<b>Bowel Cancer Patient Support Group #</b>  Time: 11:00am to 12:30pm (Second Tuesday of every month)  Date: March 11, April 8, May 13, Jun 10	Person in charge: Oncology Nurses and Registered Social Workers
<b>Lung Cancer Patient Support Group#</b>  Time: 11:00am to 12:30pm (Third Tuesday of every month)  Date: March 18, April 15, May 20, Jun 17	
<b>Head and Neck Cancers Patient Support Group#</b>  Time: 11:00am to 12:30pm (Fourth Tuesday of every month)  Date: March 25, April 22, May 27, Jun 24	

## Special Lectures

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

<p><b>Start Over in Life #</b></p> <p>Date: May 16, 23, and 30 Jun 13, 20 and 27 (Every Friday, total 6 sessions)</p> <p>Time: 2:30pm to 4:30pm</p>	<p>Target: Cancer Survivors</p> <p>Content: This is a program specially designed for post-treatment recovery individuals, aiming to assist everyone in reshaping healthier lifestyles and addressing uncertainties about their new lives. Various professional members of the center's team will provide relevant information on physical discomfort, exercise, nutrition, and emotional aspects; participants can also meet fellow travelers, learn from each other, and offer support.</p> <p>Speaker: Oncology specialist nurse, physical therapist, registered social worker and registered dietitian from the Centre</p> <p>Form: Face-to-face</p>
<p><b>" Fighting Cancer Together " New Disease Support Workshop #</b></p> <p>Time: 11:00am to 12:30pm (Second and fourth Monday of every month)</p> <p>Date: March 24 or April 14, 28 or May 12, 26 or Jun 9, 23</p>	<p>Target: Cancer patients and their families (especially suitable for patients who are preparing for or undergoing treatment)</p> <p>Contents:</p> <ol style="list-style-type: none"> <li>(1) Learn how to improve the discomfort and side effects of cancer and treatment, and</li> <li>(2) How to deal with the anxiety caused by cancer and treatment, Fear and stress</li> <li>(3) Experienced people share their experiences and methods of coping with cancer and treatment, so as to gain encouragement and confidence</li> </ol> <p>Person in charge: Registered Social Worker/ Oncology Nurse and Registered Dietitian</p>
<p><b>Breast cancer symposium: understanding chemotherapy and dealing with side effects</b></p> <p>March 17, 2025 (Monday) April 23, 2025 (Wed) May 19, 2025 (Monday) Jun 16, 2025 (Monday)</p> <p>Time: 11:30am to 12:30pm</p>	<p>Target: Breast cancer patients or their families who are currently or will be receiving treatment</p> <p>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.</p> <p>Speaker: Oncology specialist nurse from the Centre and social worker from the Cancer Patient Resource Centre of Tuen Mun Hospital</p> <p>Remarks: This talk is co-organised with the Patient Resource Centre of Tuen Mun Hospital and is held monthly.</p> <p>Form: Face-to-face</p>



<b>Dietitian's Talk: Secrets to Maintaining Bone Health #</b>  Date: March 5, 2025 (Wednesday)  Time: 2:30pm to 4:45pm	Target audience: Cancer patients, survivors and their families  Content: Offering Free Osteoporosis Screening Using Ultrasound Bone Density Measurement Device During Nutrition Seminar to Assess Participants' Risk of Osteoporosis.  Speaker: Ms Ceci Yip (Registered Dietitian)  Format: Face-to-face  Quota:40 (Priority Given to Individuals Who Have Not Previously Participated in This Event)
<b>Diffuse Large B-Cell Lymphoma (DLBCL): Symptoms, New Treatment Hope and Important Considerations #</b>  Date: March 6, 2025 (Saturday)  Time: 2:30pm to 3:30pm	Target audience: Cancer patients, survivors and their families  Content: Dr. SIN will introduce the symptoms, latest treatment methods, and important considerations for patients during the treatment process of "Diffuse Large B-Cell Lymphoma", to enhance public awareness and management of lymphoma.  Speaker: Dr. SIN Yuen Ting, Resident in Clinical Oncology  Format: Face-to-face and online (with Q&A session for on-site participants)  Quota:40
<b>Exploring Community Support for Patients and Carers #</b>  Date: March 14, 2025 (Friday)  Time: 10:00am to 11:00am	Target audience: Cancer patients, survivors and their families  Content: Introduce a variety of available community resources to help patients and caregivers access the support and services they need. Participants will learn how to find and utilize these resources to enhance the quality of care and life.  Speaker: Miss Casey Kam (Registered Social Worker)  Format: Face-to-face  Quota:30
<b>Emotional Management Workshop #</b>  Date: March 21, 2025 (Friday)  Time: 10:00am to 12:00nn	Target audience: Cancer patients and survivors  Content: The Role of Emotions in Our Lives is Intrinsic and Integral, playing a significant part in our everyday affairs. Post-cancer diagnosis, their impact becomes more pronounced, making it essential to learn how to coexist harmoniously with our emotions on the cancer journey. This workshop aims to help participants better

	<p>understand their emotional responses and needs, learn various emotional management techniques, and enhance their overall well-being.</p> <p>Speaker: Ms Mavis Tang (Clinical Psychologist)</p> <p>Quota:20</p>
<p><b>Doctor Talk: Overview of Intermediate to Advanced Liver Cancer Treatment #</b></p> <p>Date: March 22, 2025 (Saturday)</p> <p>Time: 2:30pm to 4:00pm</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: This seminar will explore the diagnosis and treatment options for advanced-stage liver cancer, reigniting hope for patients.</p> <p>Speaker: Dr. LEUNG Ka Chun, Resident in Clinical Oncology</p> <p>Format: Face-to-face and online (with Q&amp;A session for on-site participants)</p> <p>Quota:40</p>
<p><b>Alleviating and Improving Neuropathy Caused by Cancer Treatment #</b></p> <p>Date: March 26, 2025 (Wednesday)</p> <p>Time: 10:00am to 11:00am</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: Understanding the Causes and Symptoms of Neuropathy in the Cancer Journey, Exploring Symptom Improvement Strategies, and Learning Practical Exercises to Alleviate and Improve Neuropathy.</p> <p>Speaker: Mr Lam Wing Sing (Senior Physiotherapist)</p> <p>Format: Face-to-face</p> <p>Quota:30</p>
<p><b>Upper Limb Lymphedema Seminar #</b></p> <p>Date: April 1, 2025 (Tue)</p> <p>Time: 11:00am to 12:30pm</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: Understanding lymphedema and its prevention, as well as teaching patients how to manage lymphedema.</p> <p>Speaker: Ms Leung Wai-Kwan (Senior Physiotherapist at Tuen Mun Hospital)</p> <p>Format: Face-to-face</p>
<p><b>Chinese Medicine Lecture</b></p> <p>Date: March 7(Friday)</p> <p>Time: 2:30pm – 4pm</p> <p>Topic: Dietary Do's and Don'ts for Cancer Patients in Spring</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: Spring is the best time to plan for the year ahead. Registered Chinese Medicine Practitioner will share what cancer patients need to pay attention to in terms of daily routines and diet</p> <p>Speaker: Dr. Fung Oi-Ha (Registered Chinese Medicine Practitioner)</p>

<p>Date: April 11 (Friday) Time: 2:30pm to 4:00pm</p> <p>Topic: "Gastrointestinal discomfort during cancer treatment"</p>	<p>Content: Side effects such as gastrointestinal discomfort are common during cancer treatment. This session will explore how to alleviate issues like nausea, bloating, stomach pain, and loss of appetite from a Traditional Chinese Medicine (TCM) perspective. Speaker: Mr. Wong Wing Kin (Registered Chinese Medicine Practitioner)</p>
<p>Date: May 9, 2025 (Friday) Time: 2:30pm to 4:00pm</p> <p>Topic: "How to Relieve Heaviness and Swelling in Cancer Patients During Humid Spring Days"</p>	<p>Content: The humid weather during the rainy season can cause discomfort. This session will discuss how to relieve related issues from a TCM perspective. Speaker: Ms. Fu On Kei (Registered Chinese Medicine Practitioner)</p>
<p>Date: Jun 6, 2025 (Friday) Time: 2:30pm to 4:00pm</p> <p>Topic: "Acupoint Massage for Post-Cancer Treatment Discomfort"</p>	<p>Content: Joint discomfort, such as numbness in the hands and feet, joint pain, lower back soreness, and weak knees, is common after cancer treatment. This session will provide insights from a TCM perspective on how acupoint therapy can alleviate these symptoms. Speaker: Mr. Chan Sik Ming (Registered Chinese Medicine Practitioner)</p>
Quota:25	

## Carer Series

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

<p><b>Heartfelt Dialogue: Communication Between Caregivers, Themselves, and Patients #</b></p> <p>Date: Wednesday, May 7, 2025 Time: 10:00 AM to 12:00 PM</p>	<p>Target Audience: Carers, family members and friends of cancer patients</p> <p>Content:</p> <ul style="list-style-type: none"> <li>a) Explore the challenges in communication between caregivers and patients, and how to communicate effectively.</li> <li>b) Learn effective listening, response, and expression techniques, and identify the needs of others.</li> <li>c) Enhance mutual understanding and support to foster healthier relationships.</li> </ul> <p>Speaker: Ms. Catherine Tsang (Registered Social Worker) Format: In-person</p> <p>Capacity: 20 participants</p>
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<p><b>Stress Release: A Caregiver's Guide to Mental Well-being #</b></p> <p>Date: Friday, May 16, 2025 Time: 10:00 AM to 11:30 AM</p>	<p>Target Audience: Carers, family members and friends of cancer patients</p> <p>Content:</p> <ul style="list-style-type: none"> <li>a) Explore the challenges in communication between caregivers and patients, and how to communicate effectively.</li> <li>b) Learn effective listening, response, and expression techniques, and identify the needs of others.</li> <li>c) Enhance mutual understanding and support to foster healthier relationships.</li> </ul> <p>Speaker: Ms. Catherine Tsang (Registered Social Worker)</p> <p>Format: In-person</p> <p>Capacity: 20 participants</p>
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<h2 style="text-align: center;">Liver Cancer Awareness Month</h2>	
<p>Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.</p>	
<p>Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.</p>	
<p><b>Overview of Intermediate to Advanced Liver Cancer Treatment #</b></p> <p>Date: Mar 22, 2025 (Friday) Time: 2:30pm to 4pm</p>	<p>Speaker: Dr. LEUNG Ka Chun (Resident in Clinical Oncology, Tuen Mun Hospital)</p> <p>*Please refer to page 10 for event details</p>
<p><b>Cooking Demonstration and Nutrition Seminar #</b></p> <p>Date: Wednesday, April 2, 2025 Time: 2:30 PM to 4:00 PM</p> <p><b>Have a Cup of Tea and Chat with the Dietitian #</b></p>	<p>Cooking Demonstration: Quinoa Lentil Vegetable Soup</p> <p>Seminar Topic: Cancer Prevention Diet and Lifestyle Guide</p> <p><b>Speaker:</b> Ms. Ceci Yip (Registered Dietitian)</p> <p>*Please refer to page 15 for event details</p>
<p><b>Exercise Workshop: Liver Cancer Awareness Month – Lower Back Pain Relief and Strengthening Exercise #</b></p> <p>Date: Thursday, April 3, 2025 Time: 9:30 AM to 11:00 AM</p>	<p><b>Instructor:</b> Mr. Chung Ka Chun (Registered Physiotherapist)</p> <p>*Please refer to page 26 for event details</p>

<b>Aromatherapy Massage Group</b>  Date: Friday, April 11, 2025 Time: 9:30 AM to 10:15 AM (Upper Limb Lymphedema) 10:15 AM to 11:00 AM (Lower Limb Lymphedema) 11:00 AM to 11:45 AM (Pain Management)	<b>Instructor:</b> Ms. Mak Yuen Ling (Certified Chinese Level 2 Massage Practitioner, UK IFA Aromatherapist)  *Please refer to page 28 for event details
<b>Online Cooking Demonstration and Nutrition Seminar #</b>  Date: Wednesday, April 9, 2025 Time: 11:30 AM to 12:30 PM  <b>Have a Cup of Tea and Chat with the Dietitian #</b>	<b>Cooking Demonstration:</b> Fresh Fruit French Toast <b>Seminar Topic:</b> Mood-lifting and Depression-fighting "Happy Foods"  <b>Speaker:</b> Ms. Ceci Yip (Registered Dietitian)  *Please refer to page 17 for event details
<b>Exercise Workshop: Functional Fitness Training #</b>  Date: Thursday, April 10, 2025 Time: 9:30 AM to 11:00 AM	Instructor: Mr. Ng Wai Lam (Fitness Coach)  *Please refer to page 25 for event details
<b>Traditional Chinese Medicine Seminar: Gastrointestinal Discomfort During Cancer Treatment #</b>  Date: Friday, April 11, 2025 Time: 2:30 PM to 4:00 PM	Speaker: Mr. Wong Wing Kin (Registered Chinese Medicine Practitioner)  *Please refer to page 11 for event details
<b>Exercise Workshop : Stretching and Flexibility Exercises #</b>  Date: Thursday, April 17, 2025 Time: 9:30 AM to 11:00 AM	Instructor: Ms. Fan Yi Man (Stretching and Pilates Instructor)  *Please refer to page 25 for event details
<b>Sound Healing Therapy – Tuning Fork Therapy #</b>  Date: Thursday, April 17, 2025 Time: 4:00 PM to 5:30 PM	A Journey of the Soul: Letting Go of Worries and Embracing Peace  Instructor: Mr Patrick Law (Tuning Fork therapist)  *Please refer to page 20 for event details



<p><b>Stress Management Workshop: Finding Solutions – Taming the Monster (3 Sessions) #</b></p> <p>April 24, 2025 May 29, 2025 June 26, 2025</p> <p>Time: 10:00 AM to 11:30 AM (Thursdays)</p>	<p>Instructor: Ms. Yeung Tsui Yee (Counseling Psychologist)</p> <p>*Please refer to page 18 for event details</p>
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## Nutrition Series

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

<p><b>《Cooking Demonstration and Nutrition Talk》# - March</b></p> <p>Date: Wednesday, March 5, 2025 Time: 2:30 PM to 4:45 PM</p> <p>Date: Wednesday, March 12, 2025 Time: 2:30 PM to 4:00 PM</p> <p>Date: Wednesday, March 26, 2025 Time: 2:30 PM to 4:00 PM</p> <p><b>Have a Cup of Tea and Chat with the Dietitian #</b></p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Cooking Demonstration: Black Sesame Milk Mochi Lecture Topic: Tips for Maintaining Bone Health (Osteoporosis Simple Screening) Speaker: Miss Ceci Yip (Registered Dietitian)</p> <p>Cooking Demonstration: Blueberry Muffins Lecture Topic: Dietary Myths During Cancer Treatment Speaker: Miss Chu Hoi Yin (Registered Dietitian)</p> <p>Cooking Demonstration: Pan-Fried Lotus Root Patties Lecture Topic: Pros and Cons of Popular Weight Loss Methods Speaker: Miss Ceci Yip Rui Ling (Registered Dietitian)</p> <p>Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration. &lt;This session lasts approximately 15 - 30 minutes&gt;</p>
<p><b>《Cooking Demonstration and Nutrition Talk》# - April</b></p> <p>Date: Wednesday, April 2, 2025 Time: 2:30 PM to 4:00 PM</p> <p>Date: Wednesday, April 16, 2025 Time: 2:30 PM to 4:00 PM</p> <p>Date: Wednesday, April 23, 2025 Time: 2:30 PM to 4:00 PM</p> <p><b>Have a Cup of Tea and Chat with the Dietitian #</b></p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Cooking Demonstration: Quinoa Lentil Vegetable Soup Lecture Topic: Anti-Cancer Diet and Lifestyle Guide Speaker: Miss Ceci Yip (Registered Dietitian)</p> <p>Cooking Demonstration: Black Truffle Mushroom Risotto Lecture Topic: Dietary Strategies to Boost Immunity Speaker: Miss Man Chor Ki (Registered Dietitian)</p> <p>Cooking Demonstration: High-Protein Banana English Muffins Lecture Topic: How to Avoid Cachexia Speaker: Miss Chu Hoi Yin (Registered Dietitian)</p> <p>Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration. &lt;This session lasts approximately 15 - 30 minutes&gt;</p>

<p><b>《Cooking Demonstration and Nutrition Talk》# -May</b></p> <p>Date: Wednesday, May 7, 2025 Time: 2:30 PM to 4:00 PM</p> <p>Date: Wednesday, May 14, 2025 Time: 2:30 PM to 4:00 PM</p> <p><b>Have a Cup of Tea and Chat with the Dietitian #</b></p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Cooking Demonstration: Thai Coconut Chicken Soup Lecture Topic: Nutritional Approaches to Brain Health Speaker: Miss Man Chor Ki (Registered Dietitian)</p> <p>Cooking Demonstration: Japanese Creamy Pumpkin Soup Lecture Topic: Tips for Preventing the "Three Highs" (Hypertension, Hyperlipidemia, Hyperglycemia) Speaker: Miss Chu Hoi Yin (Registered Dietitian)</p> <p>Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration. &lt;This session lasts approximately 15 - 30 minutes&gt;</p>
<p><b>《Cooking Demonstration and Nutrition Talk》# - June</b></p> <p>Date: Wednesday, June 4, 2025 Time: 2:30 PM to 4:00 PM</p> <p>Date: Wednesday, June 11, 2025 Time: 2:30 PM to 4:00 PM</p> <p>Date: Wednesday, June 25, 2025 Time: 2:30 PM to 4:00 PM</p> <p><b>Have a Cup of Tea and Chat with the Dietitian #</b></p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Cooking Demonstration: High-Protein Mushroom Cream Pasta Lecture Topic: Strategies for the Mediterranean Diet Speaker: Miss Lee Pui Yan (Registered Dietitian)</p> <p>Cooking Demonstration: Spinach Potato Bean Cream Soup Lecture Topic: How to Build Muscle Through Diet Speaker: Miss Chu Hoi Yin (Registered Dietitian)</p> <p>Cooking Demonstration: High-Protein Peach Gum and Snow Ear Sweet Soup Lecture Topic: Dietary Myths During Cancer Treatment Speaker: Miss Man Chor Ki (Registered Dietitian)</p> <p>Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration. &lt;This session lasts approximately 15 - 30 minutes&gt;</p>
<p><b>Online "Cooking Demonstration and Nutrition Talk" #</b></p> <p>Time: 11:30am to 12:30pm</p> <p>Date: March 19, 2025 (Wednesday)</p>	<p><b>Target audience: Cancer patients, survivors and their families</b></p> <p>Speaker: Miss Ceci Yip (Registered Dietitian)</p> <p>Cooking demonstration: Soba noodles with mixed vegetables and shrimp Lecture topic: Preventing and reducing cancer cachexia?</p>

Date: April 9, 2025 (Wednesday)	Cooking Demonstration: French Toast with Fresh Fruit Lecture topic: "Happy" foods that help relieve stress and fight depression
Date: May 21, 2025 (Wednesday)	Cooking demonstration: Fried lotus root cake with mushrooms (vegetarian) Lecture topic: Tips to keep bones healthy
Date: May 28, 2025 (Wednesday)	Cooking Demonstration: Cheese Beef Omelette Lecture topic: How to eat during cancer treatment?
Date: June 18, 2025 (Wednesday)	Cooking demonstration: Hot and sour tofu and kelp soup Lecture topic: What you need to know about fighting against the four highs!
<b>Have a Cup of Tea and Chat with the Dietitian or Social Worker #</b>	Participants are welcome to join at any time after the nutrition talk and cooking demonstration without the need for additional registration. <This session lasts approximately 15 - 30 minutes>

## Emotion Series

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

<b>Relaxation Workshop: Stress Management #</b>  Date: Mar 20, 2025 (Thursday) Time: 11:30am to 12:30pm	Target audience: Cancer patients, survivors and their families  Content: How to Better Manage Stress in Your Life.  Person in charge: Ms. Yeung Tsui Yee (Counseling Psychologist)  Format: Face-to-face and online
<b>Stress Management Workshop: Finding Solutions – Taming the Monster (3 Sessions) #</b>  April 24, 2025 May 29, 2025 June 26, 2025  Time: 10:00 AM to 11:30 AM (Thursdays)	Target audience: Cancer patients, survivors and their families  Content: The challenges of cancer and treatment, as well as the pressure of caregiving, will inevitably cause people to feel anxious or distressed. When faced with anxiety and emotional distress, how should we deal with them? How much do you know about your emotional health? The workshop will learn the five principles of peace, quiet, energy, bonding, hope to promote safety, calm, efficacy, connection and hope.  Person in charge: Ms. Yeung Tsui Yee (Counseling Psychologist)  Format: Face-to-face  Quota: 25
<b>Healthy Body and Mind Method: Learning Relaxation Methods #</b>  Class A: March (Every Friday, 2:00pm to 3:00pm) Date: March 7, 14, 21  Class B: April (Every Tuesday, 2:00pm to 3:00pm) Date: April 1, 8, 15  Class C: May (Every Friday, 2:00pm to 3:00pm) Date: May 2, 9, 16  Class D: June (Every Friday, 2:00pm to 3:00pm) Date: June 6, 13, 20	Target audience: Cancer patients, survivors and their families  Content: Emotional and physical health are closely related. Relaxation therapy is a basic self-help method that can relieve stress and tension in both the body and mind. Through three relaxation lessons, you will learn the basic principles, techniques and daily applications of the following three relaxation therapies, so that you can have a healthier physical and mental state.  <b>Topic 1: Abdominal breathing</b> <b>Theme 2: Muscle relaxation</b> <b>Theme 3: Imagery relaxation</b>  Person in charge: Registered social worker of the Centre  Quota: 4-6 people



## Music Series

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

<p><b>Maggie's Centre Music Therapy</b></p> <p><b>Group #</b></p> <p>Time: 12:45pm to 14:15pm (every Tuesday)</p> <p>Date: April 15, 22, 29 May 13, 20, 27 Jun 3, 10, 17, 24</p>	<p>Target audience: Cancer patients and survivors</p> <p>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.</p> <p>Instructor: Ms. Ho Lok Man (Registered Music Therapist and Neuromusic Therapist in the United States)</p> <p>Quota: 8 to 10 people</p>
<p><b>Maggie's Centre Music Therapy</b></p> <p><b>Choir #</b></p> <p>Time: 2:30pm to 4:00pm (Every Tuesday)</p> <p>Date: Mar 4, 11, 18, 25 Apr 1, 8, 15, 22, 29 May 6, 13, 20, 27 Jun 3, 10, 17, 24</p>	<p>Target audience: Cancer patients, survivors and their families who are interested in singing and music are welcome to participate</p> <p>Content: Enjoy the joy and enlightenment brought by singing with like-minded people, relieve emotions and heal the body and mind.</p> <p>Instructor: Cheng Wing Lam (Registered Music Therapist in the Australia)</p> <p>Quota: 30</p>
<p><b>Maggie's Centre Personal Music Therapy #</b></p> <p>Arranged by Centre staff</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>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.</p> <p>Instructor: Ms. Ho Lok Man (Registered Music Therapist and Neuromusic Therapist in the United States)</p>

## Sound Healing Therapy – Tuning Fork Therapy #

Time: 4:00pm to 5:30pm (Thursday)

Date: Mar 20, 2025

Topic: Relief for Lymphedema Swelling

Date: April 17, 2025

Topic: Spiritual Journey: Let go of worries and embrace peace

Date: May 8, 2025

Topic: Head and Neck Acupuncture Point Healing (Beginner)

Date: May 22, 2025

Topic: Lymphedema Relief (I)

Date: June 19, 2025

Topic: Lymphedema Relief (Part 2)

Target audience: Cancer patients, survivors and their families

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 the body and mind.

Instructor: Mr Patrick Law, Tuning Fork therapist

Quota: 15

Note: Advanced class participants must have attended the tuning fork workshop before.

## Meditation Series

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

<p><b>Online Stress Relief and Loving Kindness Meditation Course #</b></p> <p>Time: 10:00am to 11:00am (Wednesday)</p> <p>Date: March 5, 12, 19 and 26, 2025 April 2, 9, 16, 23 and 30, 2025 May 7, 14, 21 and 28, 2025 June 4, 11, 18 and 25, 2025</p>	<p>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)</p> <p>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.</p> <p>Instructor: Heidi Chan Lok Hang (MBSR Mindfulness-Based Stress Reduction Instructor)</p> <p>Format: Online</p>
<p><b>Online Stress Relief and Loving Kindness Meditation Course Briefing Session #</b></p> <p>Time: 10:30am to 11:30am (Tuesday)</p> <p>Date: March 4, 2025 April 1, 2025 May 6, 2025 June 3, 2025</p>	<p>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)</p> <p>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.</p> <p>Instructor: Heidi Chan Lok Hang (MBSR Mindfulness-Based Stress Reduction Instructor)</p> <p>Format: Online</p>

<p><b>Online Mindfulness Practice (English Instructor) #</b></p> <p>Time: 12:00 noon to 1:00 pm (Monday)</p> <p>Date: March 3, 10, 24 April 7, 14, 28 May 12, 19, 26 Jun 2, 9, 23</p>	<p>Target Audience: People touched by cancer and their families who understand English and interested in mindfulness practice</p> <p>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.</p> <p>Instructor: Nadine Anderson (Mindfulness Instructor)</p>
<p><b>Mindfulness Practice (English Instructor) #</b></p> <p>Time: 10:00am to 11:00am (Friday)</p> <p>Date: March 21 April 25 May 16 Jun 20</p>	<p>Target audience: Cancer patients, survivors and their families (English professor)</p> <p>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.</p> <p>Instructor: Nadine Anderson (Mindfulness Instructor)</p> <p>Quota:6</p>
<p><b>Mindfulness-Based Stress Reduction Course #</b></p> <p><b>Briefing Session</b> Date: June 28, 2025 Time: 9:30-11:00 am (Saturday)</p> <p><b>Courses</b> (Every Saturday, 8 classes in total) Date: July 5 to August 30, 2025 Time: (first and last sessions) 9:30 to 12:30 pm (Other classes) 9:30 to 12:00 p.m.</p> <p><b>Retreat Day</b> Date: August 16, 2025 (Saturday) Time: 9:30am to 5:00pm</p>	<p>Target audience: Cancer patients, survivors and their families (those who have never taken MBSR or MBCT courses are preferred)</p> <p>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 free and autonomous life.</p> <p>Instructor: Ms. Liao Kunyi (Mindfulness-Based Stress Reduction Course Instructor)</p> <p>Quota: 12</p> <p>Note 1: Full attendance of the briefing session, course and retreat day is mandatory.</p>

## Yoga and Sports Series

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

### "Train for a healthy body and mind - know yourself and accept the challenge" #

Date:

May 10 & 24

Jun 7 & 21

Number of sessions: (4 sessions in total)

Time:

Class A: 9:30am to 11:00am (Saturday)

Class B: 11:30am to 1:00pm (Saturday)

Target: Cancer survivors, those who have completed treatment within two years are preferred

Content: 1) Understand the health energy index of the body through basic physical assessment (such as hand grip strength, body composition analysis, cardiopulmonary function, balance, etc.)

2) Learn a variety of exercises, including aerobic exercise, resistance training and relaxation exercises

3) Establish exercise habits, increase body awareness and health index, help physical and mental recovery, and enhance personal stress resistance.

Instructor: Mr. Ng Man-tung (Registered Physiotherapist)

Quota: 15

Note: Participants are required to attend four classes to achieve the best learning effect.

### Yoga Therapy Course #

#### Personal Yoga Therapy:

Date: April 12, April 26 and May 3, 2025

Time: Individual treatment time is 1 hour, specific time to be determined

Participants are requested to reserve the entire day.

#### Group Yoga Therapy:

Date: May 17, 2025 and May 24, 2025

Time: 2:00pm to 3:30pm

3:45pm to 5:15pm

Target: Cancer patients and survivors (especially suitable for those who suffer from pain or insomnia)

Content: Yoga therapy helps improve body flexibility, balance and physical fitness through yoga movements, breathing exercises, meditation and yoga breathing. It can also reduce fatigue, improve sleep quality, anxiety and depression, neck and back pain, blood pressure and other problems. During personal yoga therapy, the instructor will conduct a professional assessment and personal interview for the participant. After understanding the participant's needs and physical condition, a personalized yoga course will be tailored for the participant.

Note 1: Participants must be able to attend all 3 individual therapy sessions and 2 group therapy sessions. They need to bring their own large towel for each session.

Note 2: Participants are requested to reserve two sessions. After individual yoga therapy assessment, they will be divided into groups according to different physical needs for group yoga therapy.

Instructor: Bonnie Chong (Yoga Therapy Instructor)

Quota: 6



<p><b>Healthy Qigong #</b></p> <p>Date: Mar 3 – May 12, 2025 (Total 9 lessons)  May 19 – Jul 14, 2025 (Total 9 lessons)</p> <p>Time: 1:00pm to 2:00pm (every Monday) * Mar 10 changed to 2pm-3pm</p>	<p>Target audience: People touched by cancer and their families</p> <p>Content: 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</p>
<p><b>Liu Zi Jue #</b></p> <p>Date: Mar 3 – May 12, 2025 (Total 9 lessons)  May 19 – Jul 14, 2025 (Total 9 lessons)</p> <p>Time: 2:00pm to 3:00pm (every Monday)  * Mar 10 changed to 3pm-4pm</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: The Liu Zi Ju is a breathing method that can cure disease and prolong life. It is also called the Heel Breathing Method. It adjusts the internal organs and meridians, balances Qi and blood, and maintains the balance of Yin and Yang. This exercise corresponds to the meridians of the liver, heart, spleen, lungs, kidneys, triple burner and other organs. Treatment begins with this method, which is simple, easy and has significant therapeutic effects.</p> <p>Instructor: Ms. Leung Yuk Ling</p> <p>Quota:15</p>
<p><b>Baduanjin #</b></p> <p>Date: Mar 3 – May 12, 2025 (Total 9 lessons)  May 19 – Jul 14, 2025 (Total 9 lessons)</p> <p>Time: 3:00pm to 4:00pm (every Monday) * Mar 10 changed to 4pm-5pm</p>	<p>Target audience: People touched by cancer and their families</p> <p>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.</p> <p>Instructor: Ms Leung Yuk Ling</p> <p>Quota:15</p>
<p><b>Qigong Workshop: Taiyiquan #</b></p> <p>Date: May 15 – Jul 24, 2025 (Total 11 lessons)</p> <p>Time: 2:30pm to 3:30pm (Every Thursday)</p>	<p>Target audience: People touched by cancer and their families</p> <p>Content: The exercises easy to learn to energize the mind, improve memory, nourish stomach, liver and strength body that is suitable for anyone to learn.</p> <p>Instructor: Ms Ng Yuk Ching</p> <p>Quota: 15</p>

<p><b>Laughter Yoga #</b></p> <p>Date: March 11 &amp; 25 April 8 &amp; 22 May 13 &amp; 27 Jun 10 &amp; 24</p> <p>Time: 10:00am to 10:45am (Tuesday)</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>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 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 "Dantian breathing method", can relax the body, improve mood and enhance sleep quality.</p> <p>Instructors: Ms. Tang Chun Yuk, Ms. Kwok Wai Mei</p> <p>Note: Please wear comfortable sportswear during class.</p> <p>Quota: 15</p>
<p><b>Exercise Workshop #</b></p> <p>Time: 9:30am to 11:00am (Thursday)</p> <p>Date: March 13, 2025 (Thursday) Theme: Core and upper body strengthening</p> <p>Date: April 10, 2025 (Thursday) Topic: Functional Training</p> <p>Date: May 15, 2025 (Thursday) Topic: Core muscle training</p> <p>Date: June 12, 2025 (Thursday) Theme: Full body training</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: The workshop will teach participants to do muscle training for different parts of the body to enhance their muscle strength and mobility. Various stretching exercises will also be taught during the process to enhance participants' body stability and improve body pain.</p> <p>Instructor: Mr. Ng Wai Lam (Fitness Coach)</p> <p>Quota: 15</p>
<p><b>Exercise Workshop #</b></p> <p>Time: 9:30am to 11:00am (Thursday)</p> <p>Date: March 20, 2025 (Thursday) Topic: Exercises to increase limb flexibility</p> <p>Date: April 17, 2025 (Thursday) Topic: Exercises to increase body flexibility</p> <p>Date: May 22, 2025 (Thursday) Topic: Lymphatic Drainage Exercise</p> <p>Date: June 19, 2025 (Thursday) Topic: Strength training exercises</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: The workshop mainly focuses on Chan Rou exercise, scoliosis improvement exercise and Pilates exercise, teaching participants to connect the inner core muscle strength and limb activities ; with various breathing and rhythms, to enhance body vitality , improve circulation and increase joint mobility . The hope is to relax tense muscles, get overly loose muscles back to work, and bring about a functional strength training effect.</p> <p>Instructor: Ms. Fan Yi Man (Stretching and Pilates Instructor)</p> <p>Quota: 15</p>

<p><b>Exercise Workshop #</b></p> <p>Time: 9:30am to 11:00am (Thursday)</p> <p>Date: March 6, 2025 (Thursday)</p> <p>Topic: Exercises to relieve shoulder and neck pain</p> <p>Date: April 3, 2025 (Thursday)</p> <p>Theme: Liver Cancer Awareness Month - Low back pain relief and strengthening exercises</p> <p>Date: May 8, 2025 (Thursday)</p> <p>Topic: Head and Neck Cancer and Lung Cancer Special Topic - Upper Chest Stretching and Strengthening Exercises</p> <p>Date: June 5, 2025 (Thursday)</p> <p>Topic: Pelvic floor muscle strengthening exercises</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: Since cancer patients are prone to various problems and pain after radiotherapy or surgery , such as joint pain, tight fascia and scars, swollen lymph nodes, etc. , physiotherapists will teach everyone in the workshop how to improve physical problems through simple movements and exercise therapy, etc., in accordance with the class theme, and achieve the effect of "self-healing" at home.</p> <p>Instructor: Mr. Chung Ka-chun (Registered Physiotherapist)</p> <p>Quota: 15</p>
<p><b>Online Karate Course: Train both body and mind #</b></p> <p>Time: 11:00am to 12:00pm (Wed)</p> <p>Date: March 5, 12, 19, 26 April 2, 9, 16, 23, 30 May 7 &amp; 14 Jun 4, 11, 18, 25</p> <p>*Feel free to join the course*</p>	<p>Target audience: People touched by cancers and their families</p> <p>Content: Train both body and mind, with aims of:</p> <ol style="list-style-type: none"> <li>1. Self-understanding and goal setting</li> <li>2. Strengthen the basics and confidence</li> <li>3. Balance between strength and flexibility</li> <li>4. Embrace success and failure, enjoy the process</li> </ol> <p>Instructor: Miss Man Yuen Yi, Karate Coach</p> <p>Note: Wear appropriate athletic attire and prepare a pillow. Please reserve enough space, i.e. 1.5m x 2m is recommended.</p>
<p><b>Online Yin Yoga Class #</b></p> <p>Date: March 7, 14, 21, 28 April 11 &amp; 25 May 2, 9, 16, 23, 30 Jun 6, 13, 20, 27</p> <p>Time: 3:30pm to 4:30pm (every Friday)</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>Content: The Anahata Chakra is located in the heart and governs empathy, love and compassion. Balancing the heart chakra can release repressed emotional trauma while also finding joy that comes naturally.</p> <p>Our Yin Yoga practice will focus on balancing the heart chakra, hoping to relax our minds through easy breathing exercises and find peace and happiness in our hearts. Through gentle asanas, we can stretch and relax our</p>

<p>*Each lesson is independent and does not require continuous attendance*</p>	<p>shoulders, ribs and back to improve problems such as round shoulders and cold back, and strengthen the cardiopulmonary system. By staying in the asanas for a period of time, we can practice introspection, focus on sensing changes in the body, bring consciousness back to the present, and relax our body and mind.</p> <p>Instructor: Ms Cammie (Pause for a cause instructor)</p> <p>Format: Online Zoom</p> <p>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.</p>
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## Aromatherapy Series

Those who are interested please call or WhatsApp the Centre to register. The course arrangements will be notified before the class starts.

<p><b>Aromatherapy Massage Group - March</b></p> <p>Date: March 7, 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)</p> <p>Date: March 14, 2025 (Friday)          Time:          9:30am to 10:15am (to improve immunity)          10:15am to 11:00am (Emotional)          11:00am to 11:45am (Insomnia)</p> <p>Date: March 21, 2025 (Friday)          Time:          9:30am to 10:15am (uncomfortable during chemotherapy symptom)          10:15am to 11:00am (nausea and depression)          11:00am to 11:45am (stomach upset)</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>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.</p> <p>Instructor: Ms. Mak Yuen Ling          (China's second-level massage technician certification, British IFA aromatherapy therapist)</p> <p>Quota: 4 people per session</p> <p>Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.</p>
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<p><b>Aromatherapy Massage Group - April</b></p> <p>Date: April 11, 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)</p> <p>Date: April 25, 2025 (Friday) Time: 9:30am to 10:15am (neck and shoulder pain) 10:15am to 11:00am (Insomnia) 11:00am to 11:45am (stomach upset)</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>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.</p> <p>Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist)</p> <p>Quota: 4 people per session</p> <p>Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.</p>
<p><b>Aromatherapy Massage Group - May</b></p> <p>Date: May 2, 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 (Emotional)</p> <p>Date: May 9, 2025 (Friday) Time: 9:30am to 10:15am (Pain) 10:15am to 11:00am (Insomnia) 11:00am to 11:45am (itchy skin)</p> <p>Date: May 16, 2025 (Friday) Time: 9:30am to 10:15am (uncomfortable during chemotherapy symptom) 10:15am to 11:00am (nausea and depression) 11:00am to 11:45am (stomach upset)</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>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.</p> <p>Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist)</p> <p>Quota: 4 people per session</p> <p>Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.</p>
<p><b>Aromatherapy Massage Group - June</b></p> <p>Date: Friday, June 6, 2025 Time: 9:30am to 10:15am (upper limb edema) 10:15 to 11:00 am (lower limb edema) 11:00am to 11:45am (Pain)</p>	<p>Target audience: Cancer patients, survivors and their families</p> <p>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.</p>

<p>Date: June 13, 2025 (Friday)</p> <p>Time: 9:30am to 10:15am (to improve immunity) 10:15am to 11:00am (Emotional) 11:00am to 11:45am (Insomnia)</p> <p>Date: June 20, 2025 (Friday)</p> <p>Time: 9:30am to 10:15am (uncomfortable during chemotherapy symptom) 10:15am to 11:00am (Pain) 11:00am to 11:45am (stomach upset)</p>	<p>Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist)</p> <p>Quota: 4 people per session</p> <p>Note: Participants are kindly requested to wear loose clothing when attending the group sessions at the Centre.</p>
<p><b>Aromatherapy Workshop: Calendula Moisturizing Cream</b></p> <p>Date: April 30, 2025 (Wednesday)</p> <p>Time: 10:00am to 11:00am or 11:15am to 12:15pm</p>	<p>Target audience: Cancer patients and survivors</p> <p>Content: As spring and summer change, the humid weather can easily induce sensitive skin symptoms. Create a chemical-free moisturizing cream to soothe and protect your skin.</p> <p>Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist)</p> <p>Quota: 20 people per session</p>
<p><b>Aromatherapy Workshop: "Aromatic Mosquito Repellent Spray"</b></p> <p>Date: May 23, 2025 (Friday)</p> <p>Time: 10:00am to 11:00am or 11:15am to 12:15pm</p>	<p>Target audience: Cancer patients and survivors</p> <p>Content: DIY chemical-free aromatherapy spray, a little trick to prevent mosquitoes/mosquitoes in summer for people with lymphedema problems.</p> <p>Instructor: Ms. Mak Yuen Ling (China Level 2 Massage Technician Certification, UK IFA Aromatherapy Therapist)</p> <p>Quota: 20 people per session</p>
<p><b>Aromatherapy Workshop: "Aromatic Comfrey Multipurpose Ointment"</b></p> <p>Date: June 27, 2025 (Friday)</p> <p>Time: 10:00am to 11:00am or 11:15am to 12:15pm</p>	<p>Target audience: Cancer patients and survivors</p> <p>Content: Lithospermum officinale cream relieves itching and redness caused by mosquito bites and insect bites, soothes sensitivity, and comforts delicate skin.</p> <p>Instructor: Ms. Mak Yuen Ling (China's second-level massage technician certification, British IFA aromatherapy therapist)</p> <p>Quota: 20 people per session</p>



## Nature Healing and Art Series

Interested parties please call the Centre or WhatsApp the Centre to register. The arrangements for online courses will be notified before the class starts.

Note: If you are taking an online course, please ensure that your home network is stable so that you can participate in the course smoothly.

### Online Pastel Nagomi Art Workshop

Date:

Mar 8, April 12, May 17, June 14

Time:

2:00pm – 5:30pm (Sat)

**Target Audience:** People touched by cancer

**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

### Forest Therapy - Experience Workshop #

This course consists of three sessions:

Date: May 9 (Fri)

Time: 10:00 AM to 11:30 AM

Location: Maggie's Centre

Date: May 16 (Fri)

Time: 10:00 AM to 11:30 AM

Location: Outside the Centre (City Park or Country Park)

Date: May 23 (Fri)

Time: 10:00 AM to 1:00 PM

Location: Outside the Centre (City Park or Country Park)

**Target audience:** Cancer patients, survivors and their families

**Content:**

Feel the nature together, slow down your pace, adjust your rhythm and slowly release the accumulated stress through the perception and connection of body and mind, return to a stable and balanced state, and learn to integrate nature healing into your life. "Do your best and let nature take its course. This is what I have been learning and practicing." This is mentor Amanda's attitude towards life. She hopes to guide everyone to slowly adjust their physical and mental state in nature, adapt to nature, and find their own eternal spring.

**Instructor:** Ms. Amanda (Association of Nature and Forest Therapy Guides & Programs)

**Quota :** 15

**Note 1:** The three sessions are interrelated and participants are required to attend all sessions.

**Note 2:** The instructor will inform you of more details about the class format and location during class.

### Green Therapy Healing Gardening Workshop #

Date: May 14, 2025 (Wednesday)

Time: 10:00 AM to 12:00 PM

**Target Audience:** Cancer Patients

**Content:** In this gardening therapy workshop, cancer patients will learn to plant succulent plants, experience their resilience, 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.

**Facilitator:** 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](mailto:info@maggiescentre.org.hk)

Website: [www.maggiescentre.org.hk](http://www.maggiescentre.org.hk)



@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.