

**RESOURCE
& WELLNESS
CENTRE**

Wellness Classes

<p><i>Qigong</i> By Master Yap</p>	<p><i>Yoga with Relaxation</i> By Malaysian Yoga Society</p>	<p><i>Reiki & Lymph Drainage</i> By Mr. Christopher John</p>
<p>Zhi Nen Qigong involves exercises & movements designed to conserve & build life energy (qi). These exercises do not tire tendons, joints & muscles.</p> <p>Sundays 10:00am - 12:30pm</p>	<p>The exercises or 'asanas' are designed to ease tensed muscles, tone up internal organs and improve flexibility of body joints & ligaments.</p> <p>Saturdays 8am - 9.30am</p>	<p>An immensely simple yet powerful method of healing, using hands, to remove blockages and restore the flow of energy (qi) in the body.</p> <p>By Appointment Mondays & Fridays</p>
<p><i>Far Infrared Cabin</i></p>	<p><i>Laughter Yoga</i> By Ms Payal Vashist</p>	<p><i>Chinese Ink Painting</i> By Datin Alice Chai</p>
<p>Sitting in the FAR Infrared (FIR) Cabin for 30mins enables its rays to penetrate into your skin causing blood vessels to dilate, promoting better blood circulation and rid the body of toxins through sweating.</p> <p>By Appointment Monday - Friday</p>	<p>A therapy where you need only to laugh! Some of the benefits include stress reduction, strengthening immune system and increasing energy levels.</p> <p>Mondays 11am - 12noon</p>	<p>Chinese Ink painting inculcates patience and alleviates anxiety! It has therapeutic effects and self healing. No artistic skills needed!</p> <p>Tuesdays 10am - 3pm</p>
<p><i>Dance for Fitness</i> By Umi Purwati</p>	<p><i>Aromatherapy Massage</i> By Salus Spa</p>	<p><i>Dietary Advice</i> By Ms Wan Thung</p>
<p>For female Cancer survivors & caregivers to become a better dancer & lose weight while having fun & getting fit.</p> <p>Wednesdays 11am - 12.30pm</p>	<p>A complimentary aromatherapy massage for cancer survivors and patients at Salus Spa in Mont Kiara. The aromatherapy massage will help to improve relaxation, sleep and immune function.</p> <p>By Appointment</p>	<p>Dietary plans and tips for patients before, during and post treatment can be discussed with our Dietitian. Caregivers are encouraged to sit in.</p> <p>By Appointment</p>

All classes are available free of charge for those diagnosed with cancer. The classes are conducted at NCSM's Resource & Wellness Centre.

INTERESTED TO JOIN THE CLASS?

Call: Adeline / Mila at 03 - 2691 7624

Email: adeline@cancer.org.my / mila@cancer.org.my



Wellness Classes

EMPOWERMENT PROGRAM

Talks & Workshops are scheduled monthly for cancer survivors, caregivers and the public; topics include cancer care, support and education. Presenters are Medical Professionals, Complementary Therapists and people whose work is related to the holistic wellbeing of cancer patients. Information on these programs is publicized through our website, facebook and the media.

HELPDESK

HelpDesk Services involve PINK UNITY members offering peer support to newly diagnosed cancer patients who visit the Centre. A member is on duty daily from Monday-Friday at 10am-1pm. This one-to-one interaction helps instill some hope and empowers the patient to face the diagnosis more positively.

The Volunteer on duty also helps the patient or caregiver gather information on medical & non-medical pertaining to the diagnosis, care and support.

SUPPORT GROUPS

PINK UNITY (PU) : A support group for women with cancer providing support and assisting cancer patients in their journey towards fighting the disease.

Their tagline: **'Giving Hope, Touching Hearts'**

Log on to PINK UNITY facebook (fb pink unity) for information on their programs & activities.

Email: pinkunity@cancer.org.my.

**PROSTATE
SUPPORT
GROUP**

: Support group exclusively for men with Prostate cancer. Meetings are held bi-monthly.

Contact: 012-283 2576 (Mr Dass, facilitator) or Fax: 03-9130 1327

Email: dassandy@yahoo.co.uk for peer support or information.

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